



# **The AIT Basics Manual**

## **Appendix**

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# **TABLE OF CONTENTS**

A letter from Asha Clinton .....	8
AIT Meditations.....	9
1. Presence to the earth.....	10
2. Embodiment .....	12
3. Opening the heart.....	14
4. Emotional presence.....	16
5. Centering meditation.....	18
6. The basic ait meditation—heart expansion.....	19
7. Spiritual presence.....	22
8. Compassion meditation.....	24
9. Clearing the chakras—breathing method.....	25
10. Developing the chakras.....	27
11. Presence to the client’s chakras and center.....	29
12. Presence to the client’s heart.....	31
13. Presence to the client’s spirituality.....	33
14. Embodiment into the chakras.....	34
How to use AIT Meditations.....	37
AIT History intake.....	38
The Core Belief Matrices.....	39
1. Key Core Belief Matrix .....	39
2. Desires – Dependency Desires Matrix.....	43
3. Abandonment Matrix.....	44



4. Abuse Matrix .....	45
5. Admiration Matrix – Deflated, Inflated, Negative.....	46
6. Alienation Matrix.....	48
7. Beauty Matrix.....	49
8. Matrix for Behavior with People, Groups, Organizations, Corporations, the Government.....	50
9. Body Matrix .....	52
10. Breaking the Law Matrix .....	53
11. Comfort Matrix.....	54
12. Compassion Matrix.....	55
13. Control Matrix.....	56
For People Who are Controlling.....	56
For People Who Don't Take Their Power.....	56
14. Denial Matrix.....	57
15. Despair Matrix.....	58
16. Devastation Matrix.....	59
17. Distrust Matrix.....	60
18. Divine Connection Matrix.....	62
Positive Divine Connection.....	62
Psychological Prerequisites.....	62
Spiritual Prerequisites.....	62
Expectations.....	63
Relation to God.....	63
Negative Divine Connection.....	64
19. Ego Deficit Matrix.....	66
20. Ego Syntonicity Matrix.....	67
21. Emotion Matrix.....	68

My Feelings.....	68
Other People's Feelings.....	69
22. Emptiness Matrix.....	70
23. Entitlement Matrix.....	71
24. Envy Matrix.....	72
25. Exploitation Matrix.....	73
26. False Humility Matrix.....	74
27. Future Matrix.....	75
28. Goodness Matrix.....	76
29. Grandiose Fantasy Matrix.....	77
30. Grandiosity Matrix.....	79
Discovering Spiritually Advanced Clients.....	79
Positive Grandiosity or Inflation.....	79
Negative Grandiosity or Deflation.....	81
31. Humiliation and Degradation Matrix.....	84
32. Idealization Matrix – Positive/Negative.....	85
33. Identity Matrix.....	87
34. Inadequacy Matrix.....	88
35. Judgment Matrix.....	89
Judgmental Beliefs about Oneself.....	89
Judgmental Beliefs about Others.....	90
36. Love and Appreciation Matrix.....	93
37. Meeting a Significant Other Matrix.....	95
38. Mirroring Matrix.....	97
39. Money Matrix.....	99
40. Narcissistic Denial Matrix.....	100
41. Narcissistic Transferences Matrix.....	101

Mirror Transference.....	101
Idealization Transference.....	102
42. Need Matrix.....	103
43. Negativity Matrix.....	104
44. Parental Complexes Matrix.....	105
45. Prejudice and Condescension Matrix.....	109
46. Procrastination Matrix.....	111
47. Responsibility Matrix.....	112
Under-Responsibility and Non-Completion.....	112
Over-responsibility.....	113
48. Revenge Matrix.....	115
49. Rigidity Matrix.....	116
50. Safety Matrix.....	117
51. Self-Image Matrix.....	118
52. Selfishness Matrix.....	121
53. Sexuality and Sexual Abuse Matrix.....	123
54. Shame Matrix.....	125
55. Social Withdrawal Matrix.....	126
56. Somatization Matrix.....	127
57. Specialness Matrix.....	129
58. Spiritual Practice Matrix.....	130
59. Splitting Matrix.....	131
60. Stuckness Matrix.....	133
61. Superiority Matrix.....	135
62. Symbiosis Matrix.....	136
Underlying Issues.....	136
Symbiotic Needs.....	137

63. Torture Matrix.....	139
64. Unlimited Fantasies Matrix.....	141
65. Victimage, Self Pity Matrix.....	144
Muscle testing skill steps.....	146
List of AIT Seminars.....	148
Chart of Energy Centers.....	153



## A LETTER FROM ASHA CLINTON

*Dear AIT Basics Students,*

I am contacting you before our AIT Basics Seminar begins to welcome you to AIT and to give you some useful information. Welcome!

My trainers and I are very much looking forward to working with you at the seminar. I'm writing now to send you, attached to this email, your AIT Basics Appendix.

Please bring these materials with you to the seminar either in your laptop, or print and bring them with you.

My team of trainers and I are very much looking forward to working with you.

Many blessings,

*Asha Clinton, MSW, PhD*





# **ADVANCED INTEGRATIVE THERAPY MEDITATIONS**

## **LIST OF MEDITATIONS:**

1. PRESENCE TO THE EARTH
2. EMBODIMENT
3. OPENING THE HEART
4. EMOTIONAL PRESENCE
5. CENTERING MEDITATION
6. THE BASIC AIT MEDITATION—HEART EXPANSION
7. SPIRITUAL PRESENCE
8. COMPASSION MEDITATION
9. CLEARING THE CHAKRAS—BREATHING METHOD
10. DEVELOPING THE CHAKRAS
11. PRESENCE TO THE CLIENT’S CHAKRAS AND CENTER
12. PRESENCE TO THE CLIENT’S HEART
13. PRESENCE TO THE CLIENT’S SPIRITUALITY
14. EMBODIMENT INTO THE CHAKRAS



## 1. PRESENCE TO THE EARTH

1. Rub the sore points in the center of each side of your chest as you repeat after me:  
“Even though I may have blocks... which make it hard for me to meditate or feel grounded... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Take in everything you can by seeing... absorb yourself in every detail... Begin by looking around you slowly... in every direction... Remember to look both up and down... Enjoy looking at even the smallest and most trivial things... If you are in a room with windows, be sure to look outside as well... Take your time... Accept that you are a part of this world...
4. Close your eyes... Now use your hearing to take in everything it can take in... from the soft hum of electricity in the room... to the garbage truck passing outside... to the sound of laughter down the hall... Enjoy listening to even the smallest and most trivial sounds... Take your time. Accept that you are a part of this world...
5. Keeping your eyes closed, use your sense of smell to explore your world... There are a surprising number of scents everywhere... Enjoy smelling even the faintest scents... Take your time... Accept that you are part of this world...
6. Open your eyes and stand up... Work your way around the space you’ve been sitting in, touching everything you come upon... Feel the texture of each thing you touch... its softness or hardness... Enjoy touching everything... Take your time... Accept that you are a part of this world...
7. Still standing, take time to sense the floor or earth with your feet... its hardness or give... its warmth or coldness... its ability to hold you up securely.... Sense the earth deep beneath your feet... Sense your connection with that earth... Feel that

connection through your feet... Feel that connection going all the way down to the center of the earth... Experience that connection... Relax and enjoy that connection...

8. Now feel your weight pressing down on the (floor, earth... Feel it get fuller... heavier... as you become more aware of it...
9. Now lie down on the floor or earth, belly down... and close your eyes... Let your whole body feel its weight pressing down on the floor or earth... Feel the weight of your feet pressing down... your legs pressing down... your hips and belly... your chest and shoulders... your arms and hands... your face and head... Feel your body get fuller... heavier... as you become more aware of its connection to the floor... the earth... Remain lying there as long as it takes you to feel deeply and fully your relationship with the floor... the earth... to feel what it does and always has done for you... Let whatever feelings you have about this come up... Experience them...
10. When you are filled with this experience... slowly sit up... and open your eyes... Look around you... or out of the window... at the good earth that has sustained you all your life... Let yourself feel whatever feelings arise in you about this... Experience those feelings...
11. Thank the earth for its gifts to you...



## 2. EMBODIMENT

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience my body... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. See from where your attention is focused... Perhaps you are thinking... and the focus is in your head... perhaps you are focused on some feelings... and the focus is in your heart... Perhaps on an itch on your leg... and you are in your body...
4. Once you locate where you are focusing from... bring your focus down to the area around your navel... You can do this by imaginally using your out-breath... to push your attention downward... until you are focusing on your belly...
5. Now you are going to find your belly very interesting... Let yourself experience everything that is happening there now... its expansion... and contraction... as you breathe in and out... maybe the tightness of your waistband... maybe energy pulsing deep inside it... maybe food moving through your intestines... maybe blood moving through your arteries and veins... maybe your stomach digesting food... or your liver putting out energy... Each thing you discover and experience quietly... is something you are being present to in your body... Do this for awhile...
6. Now expand your focus so that, instead of just your belly, you are focusing on your entire trunk... Experience everything in your trunk... don't forget to include what's happening in your back... your spine... each of your organs... your groin... See if you can experience your circulatory system... your heart pumping, your lungs breathing, even each layer of your bones. See if you can experience each organ... your pancreas... your spleen... your liver... your gall bladder... See if you can go down to the cellular level and sense what's happening in the cells of, say, your kidneys... Do this for awhile...



7. Now expand your focus again to include your arms and hands... legs and feet... Experience the outer skin... the subcutaneous layers... arteries... veins... and capillaries... muscles... bones... and nerves... Do this for awhile...
8. Now expand your focus to include your head... Experience what's going on in your brain... your spinal cord... your scalp... and facial muscles... and bones... Enter your eyes... and ears... and experience them too. Do this for awhile...
9. Now experience your entire body as it is operating now... Experience it as a whole... experience an organ group such as the urinary system... or the alimentary canal... experience only one cell at a time... Do this for awhile...
10. Now experience how you feel having done all this...
11. Retaining your experience of your body... become aware of the space around you... When you are ready, open your eyes... and keep your embodiment as you continue your day...



### 3. OPENING THE HEART

#### Using the Hand Chakras and the Breath

If you need to, look at the chakra chart on page 16 in order to locate the Heart Chakra. Memorize its location.

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to experience my Heart Center... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general...
4. Locate the Heart Chakra in the center of your chest... Breathe into and out of the Heart Chakra until it feels open...
5. Once it feels open, hold your left hand on your Heart Chakra... Ask your heart what is troubling it now...
6. With your left hand still on the Heart Chakra, sit with what is troubling your heart now... See the situation, memory, or person... Experience the related feelings and sensations...



7. Continue to breathe through the Heart Chakra... At the same time, continue to hold the left hand on the Heart Chakra... and move the right hand slowly through the chakras... staying focused on the issue... as if you were doing the Traumatic Emotion Protocol... Continue until there are no disturbing feelings left in the Heart Chakra or in any other chakra...
8. If there is more troubling your heart... move to the next issue and focus the meditation on it in the same way... and then the next...



#### 4. EMOTIONAL PRESENCE

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience my Heart Center... I deeply and completely love and accept myself... honor and respect myself... and I forgive myself for having these blocks... and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Look for where you are centered... Perhaps you are thinking, and you are centered in your head... Perhaps you are aware of an itch on your arm and are centered in your body. Perhaps on something else...
4. Once you locate where you are centered... bring your focus to your heart center in the center of your chest... Using your out-breath to move your focus of attention from where it was when you began to your heart center... Now, gently enter your heart center... Let yourself experience everything that is happening there now... Imagine it as a deep ocean and yourself as a fish that loves water... and wants to sink very slowly... to the bottom of the ocean... stopping frequently... to savor the experience of each layer of water... Each feeling you discover and experience is something you are being present to in your heart... Each time you experience a new layer of feeling... note what the feeling is about...
5. Do this for awhile... until you have experienced all the layers of feeling inside your heart now... and have come all the way to the bottom of your ocean...
6. Sit at the bottom of the ocean and experience that for awhile... You will notice that, under all the other feelings... there is an ocean of sweetness or goodness or love—it's slightly different for each of us—filled with the gentlest water of all... Bask in that lovely feeling for awhile...





7. Float slowly up to the surface... remembering all you have experienced... and remembering that the lovely ocean feeling is always within you... You can visit it as often as you wish...
8. Remember that you can take that lovely feeling with you into your daily activities... Stay connected to it as you become aware of the space around you... When you are ready... open your eyes...



## 5. CENTERING MEDITATION

1. Find the sore points in the middle of each side of your chest. As you rub them, repeat after me... “Even though I have blocks... which make it hard for me... to meditate or experience my Center..., I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself... for having these blocks..., and I forgive God... and my family... for their parts in my having these blocks...”
2. Sit with you spine straight... and your eyes closed... If you are sitting in a chair, sit with both feet on the floor... If you are sitting on the floor, sit in lotus... half lotus position... or with crossed legs on the floor... and let your muscles begin to relax... Take slow deep breaths all the way down into your abdomen...
3. Each of us has a Center of our being... To find yours, check to see where the focus of your attention is at this moment... that is to say, where in your being your attention is centered... For many of us, it is in our heads... For some of us, it is outside us entirely... For others, it is somewhere in our bodies... Once you have found your focus of attention... use your in-breath to draw your focus of attention into your trunk... and around inside it... until you find your Center... Or you might find your Center by feeling... sensing... or intuiting... its location, in your trunk...
4. Now either sit in the middle of your Center... or sit facing your Center... and "looking" into it... Simply experience what is going on in your Center... even if that is nothing... Stay present to whatever is going on there...
5. Each time thoughts... physical sensations... feelings... or intuitions... pull you away from experiencing your Center... put your thought... itch... sadness... gently aside... and return to focusing on and experiencing your Center... These shifts away from your focus are a normal part of meditation... Continue experiencing your Center...



## 6. THE BASIC AIT MEDITATION—HEART EXPANSION

This meditation is recommended to be done daily by AIT practitioners.

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience my heart... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Follow your breath as it enters your nose or mouth... is pulled down into your lungs... and out again...
4. Let your breath caress the underside of your breastbone...
5. As you do this, you will notice that you are feeling the Heart Chakra with your breath... Let the breath travel in and out of the Heart Chakra... Experience the physical level of the Heart Chakra...
6. After you have done this for awhile, you will notice that a door opens into the center of the Heart Chakra... Allow your breathing to enter that door...
7. As you continue to breathe into the Heart Chakra... let yourself enter the center of the chakra... Let yourself and your breath enter the depths of your heart... the Well of the Heart... Let your breath descend down into the well... You will notice that the Well of the Heart is filled with layers of emotion... one right under the other... and that each is about a particular person... event... or pattern... As you let your breath move you



down the Well of the Heart... stop at each emotion... feel it briefly... see what it is about briefly... and then move down to the next emotion... Do this until you have reached the bottom of the Well of the Heart...

8. Once you have reached the bottom of the Well of the Heart... allow yourself to move upward the same way you moved down... one emotion at a time... until you return to the zero ground of the heart again...
9. Now allow your Heart Center to expand sideways as you exhale, as if its molecules were mixing with the molecules around... Continue to let your heart expand until it fills your chest cavity... enters the air on either side of you... continues to expand into the room... expands out of the room through the building you are ... outside, until it expands past the horizon... into the atmosphere... and into outer space. Allow it to continue expanding until it expands through the solar system... out into the galaxy... until it passes innumerable stars... other galaxies... until it expands as far as the universe itself has expanded... Experience what this feels like...
10. Now that you are fully expanded... allow yourself to keep this expansion... but place your attention on the center of your Heart Center again... Without losing your expansion... allow the Heart Center to also expand upward... Let it expand into your head... out of your head and into the air above it... above the room you are in... the place you are in... into the atmosphere... into outer space... as far as there is space to expand into... Experience this...
11. Without losing your expansion in any direction... take some time to allow yourself to expand to the back... to the front... in any direction you are not yet expanded in... Now that you are fully expanded in all directions... let yourself experience how this expansion feels...
12. This is the REAL YOU... the one you have always wanted to be... the You that has been covered up at least partly all these years... This is the diamond within... your Center... the reality underneath the pain and wounding you have suffered...
13. Embrace who you really are...



14. Now that you have discovered yourself... realize that you do not have to give up your expansion... Choose to remain expanded as you become aware again that you are in the room you are in... Know that you can bring your expansion... your true being... into your everyday life... that this is one of the most valuable things you can do...
15. When you are ready... open your eyes while still remaining expanded...
16. Look straight ahead and see how this place looks to you when you are expanded...
17. See how people look to you when you are expanded...



## 7. SPIRITUAL PRESENCE

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience my spirit... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Look for where you are centered... Perhaps you are thinking, and you are centered in your head... perhaps you are aware of an itch on your arm and are centered in your body... perhaps on something else...
4. Once you locate your focus of attention... bring it to your seventh chakra... which is located at the crown of your head... Use your in-breath to move your focus of attention from where it is now to your spiritual center...
5. Breathe through your seventh chakra until it opens... Gently enter your seventh chakra... Let yourself experience everything that is happening there now... If you can do this, continue to do this until your meditation is complete, and stop this disc now...
6. If experiencing the seventh chakra is difficult for you to do... you can imagine it as the peak of a very tall, snow-capped mountain... The peak rises far above the tree line... You are an expert mountain climber who loves to climb... and climbs easily... As you trek upward into the woods... surrounded by brilliant sun and snow... stop frequently to savor the experience of each part of the mountain... the base... the rushing streams... the thickets and woods... the snow... . crevasses... ridges of rock... glaciers... Each experience you discover and observe quietly is something in your spiritual life... Each time you experience a new level of spiritual emotion... note what it is about... Do this for awhile...



7. When you reach the summit... stand in the full light of the sun and snow and experience it for awhile...
8. When you are ready... make your descent... returning to each stage in your journey and savoring it again...
9. When you have reached the bottom of the mountain again... become aware of the space you are in... and when you are ready... open your eyes...

## 8. COMPASSION MEDITATION

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience compassion... I deeply and completely love and accept myself... honor and respect myself... and I forgive myself for having these blocks... and I forgive whatever or whoever put them there for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Bring the focus of your attention to your heart center...
4. Breathe into the Heart Chakra to open it...
5. Staying centered in your heart... say the word *compassion* slowly and softly out loud eleven times... Allow the word to reverberate through your heart center... Try to feel the emotion that goes with the word... Slowly say the word compassion inwardly eleven times... Allow the word to reverberate through your heart center... Try to feel the emotion that goes with the word... Then savor the essence of compassion...
6. Feel compassion towards yourself... Let it spread into every cell of your body..., into every nook and corner of your psyche..., into your spirit... Let it embrace even the secret things... the things hate about yourself... Let them be touched by its sweetness... Spread your compassion outside your body... farther and farther out from yourself... to the people in the room... to everyone in the house or building you are in... to everyone in your city or town... your state... your country... to everyone you hate... you look down on... you judge... to the world... the universe... to all sentient beings everywhere...





## 9. CLEARING THE CHAKRAS—BREATHING METHOD

1. If you need to, look at the chakra chart on page 16 in order to locate each chakra... Memorize the location of each chakra...
2. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or experience my chakras... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
3. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
4. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general...
5. Bring the focus of your attention to your First Chakra, between the base of your spine and your perineum... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your First Chakra until it feels fully open...
6. Bring the focus of your attention to your Second Chakra, four finger widths below your navel... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Second Chakra until it feels fully open...
7. Bring the focus of your attention to your Dan Tien, just below your navel... Breathe seven times in and out of this Center as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Dan Tien until it feels fully open...



8. Bring the focus of your attention to your Third Chakra, right under where your ribs come together... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Third Chakra until it feels fully open...
9. Bring the focus of your attention to your Fourth Chakra, right in the center of your chest... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Fourth Chakra until it feels fully open...
10. Bring the focus of your attention to your Fifth Chakra, in the hollow of your throat... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Fifth Chakra until it feels fully open...
11. Bring the focus of your attention to your Sixth Chakra, in the center of your forehead right about your eyebrows... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Sixth Chakra until it feels fully open...
12. Bring the focus of your attention to your Seventh Chakra, on the crown of your head... Breathe seven times in and out of the chakra as if there were a direct opening through your skin at the chakra that you can breathe through... Breathe through your Seventh Chakra until it feels fully open...
13. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general... Is it different than when you began...? How...?
14. Become aware of your physical location... When you are ready, open your eyes...



## 10. DEVELOPING THE CHAKRAS

When doing this work, it is helpful to use Anodea Judith's *Wheels of Life* to deepen your understanding of the areas of experience each chakra governs. Before you begin, clear your chakras using the method you prefer. Do not move to higher chakras until you have finished with the lower ones.

1. Rub your sore points and repeat after me: “Even though I may have blocks... which make it hard for me to meditate or develop my chakras... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there—it's useful to say who that is—for doing so.”
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus... half lotus... or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly...
3. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general...
4. Focus on the chakra of your choice... Make it the focus of your meditation... Experience it as it is in the every-changing present... Notice how it changes as you are present to it...
5. If your mind wanders... if you become more aware of the itch on your leg or the thought you are having about dinner than of the chakra... gently put aside these thoughts... feelings... intuitions... or sensations... and return to focus on the chakra you have chosen to work on...
6. Stay with it for half an hour or more... Experience your chakra thoroughly...



7. Focusing on this chakra may bring up issues that need treatment... Note what they are...
8. If issues have arisen during this meditation... treat them with AIT...



## 11. PRESENCE TO THE CLIENT'S CHAKRAS AND CENTER

1. Rub your sore points and repeat after me: "Even though I may have blocks... which make it hard for me to experience my client's chakras and Center... I deeply and completely love and accept myself... honor and respect myself... and I forgive myself... for having these blocks... and I forgive the people who created them for their part in my having these blocks..."
2. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... If you are sitting on the floor, sit in lotus, half lotus, or with your legs crossed... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. Imagine your client sitting before you... It's good to choose a client whom you have trouble being with... Imagine them on a chair opposite your chair at the same distance you usually sit from your clients...
4. Find your own Center somewhere in your trunk... Become focused on it... Experience it fully now... the physical sensations associated with it... the emotions in it... both psychological... and spiritual... Once you have a clear experience of what it is like now... ... sense what your client's Center feels like now... You will feel what their Center feels like with your Center... Experience your client's Center through your own... Do this for awhile...
5. Now, find your First Chakra between the bottom of your spine and your perineum... become focused on it... Experience it fully now... its physical sensations... the emotions in it... both psychological... and spiritual... Then, remaining centered in the First Chakra... sense what your client's First Chakra feels like now... You will feel what their First Chakra feels like with your First Chakra... Let yourself experience what theirs is like... You might, for example, experience a sphere whirling clockwise or a brightly shining star... Once you have a clear experience of their First Chakra,



6. Locate your Second Chakra and focus your attention on it... Experience it fully now... Then, remaining centered in your Second Chakra... sense what your client's Second Chakra feels like now.... Experience their Second Chakra with your own...
7. Do the same with each of the remaining chakras in turn, moving from lower to higher chakras, until you have experienced all seven... Notice if some of your client's chakras are weaker and others are stronger... Notice if some of them whirl in one direction and others in another... Compare your client's chakras with each other...
8. When you have experienced all your client's chakras... become aware of the room you are in... and then, when you are ready, open your eyes....



## 12. PRESENCE TO THE CLIENT'S HEART

1. Imagine your client sitting before you... It's good to choose a client whom you have trouble being with... Imagine them on a chair opposite your chair at the same distance you usually sit from your clients...
2. Rub your sore points and repeat after me: "Even though I may have blocks... which make it hard for me... to be present with my client's feelings and psyche... I deeply and completely love and accept myself... honor and respect myself... and I forgive myself... for having these blocks... and I forgive whoever put them there... for their part in my having these blocks..."
3. Sit with your spine straight... your eyes closed... with both feet on the floor if you are in a chair... or in lotus or half lotus position... or with your legs crossed on the floor... Take slow deep breaths... Let your muscles begin to relax... to soften...
4. Look for where your attention is focused... Perhaps you are thinking... and the focus is in your head... Perhaps you are focused on an itch... or a feeling...
5. Once you locate your focus of attention... bring it to your heart center in the center of your chest... You can do this by using your in-breath to move your focus of attention to your heart center... Gently enter your heart center... Experience everything that is happening there now... Now while you remain in you heart center, feel what's happening in your client's heart center by focusing on their heart center through yours... Note what you find there... Do this for awhile until you have experienced all the layers of feeling inside your client's heart...
6. Go to the depths of your own heart... Experience what is there now... Remaining in the depths of your heart, feel what is in the depths of your client's heart now.... Experience these emotions for awhile.... You may notice that, under all their other emotions, there is an ocean of sweetness or peace....



7. Leave your client's heart behind... and re-experience your own... Float slowly up to the surface... remembering all you have experienced....
8. Give thanks for your progress in experiencing your client's heart...
9. Become aware of the space around you... When you are ready, open your eyes...





### 13. PRESENCE TO THE CLIENT'S SPIRITUALITY

1. Imagine your client sitting before you... It's good to choose a client whom you have trouble being with... Imagine them on a chair opposite your chair at the same distance you usually sit from your clients...
2. Rub your sore points and repeat after me: "Even though I may have blocks... that make it hard for me... to be present with my client's spirituality... I deeply and completely love and accept myself... honor and respect myself... and I forgive myself... for having these blocks... and I forgive everyone who helped them develop in me... for their part in my having these blocks..."
3. Sit with your spine straight... and your eyes closed... If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly...
4. Find where your attention is focused now... Perhaps you are thinking... and your focus is in your head... Perhaps you are focused on an emotion... or a memory... perhaps on a sore back...
5. Once you locate your focus of attention... bring it to your Seventh Chakra which is located at the crown of your head... You can do this by using your in-breaths to move your focus of attention... until you are focusing on your spiritual center... Now gently enter your spiritual center, the Seventh Chakra... Experience everything that is happening there now... Remaining in your Seventh Chakra, intuit what is going on now in your client's Seventh Chakra... Do this for awhile...
6. Now return to focusing on your own Seventh Chakra... Give thanks that you can intuit your client's Seventh Chakra by staying focused in your own...
7. Become aware of the space you are in... When you are ready, open your eyes...



## 14. EMBODIMENT INTO THE CHAKRAS

1. As you rub the sore points in the center of each side of your chest, repeat after me:  
“Even though I may have blocks... which make it hard for me to meditate or experience my chakras... I deeply and completely love and accept myself..., honor and respect myself..., and I forgive myself for having these blocks..., and I forgive whatever or whoever put them there for doing so.”
2. If you are sitting on a chair, place both feet flat on the floor... Or sit in lotus, half lotus, or with your legs crossed on the floor... Sit with your spine straight... and your eyes closed... Let the muscles in your body soften and relax... Take slow deep breaths all the way down into your belly.
3. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general... )
4. Starting with the First Chakra, find the chakra between your spine and your perineum... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What qualities or feeling do you sense in it...? What physical sensations...? Does it have a sound or a color...? Remember that it can change from moment to moment or hour to hour just as other parts of you do... You might, for example, experience it as a large planet... “Sit” in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your First Chakra,
5. Locate the Second Chakra four finger widths below your navel... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What qualities or feeling do you sense in it...? What physical sensations...? Does it have a sound or a color...? Are there particular physical sensations you feel when you focus on it...? Remember that it can change from moment to moment or hour to hour just as other parts of you do... You might, for example, experience it as a tropical rain forest... or a brightly burning star... “Sit” in the chakra focusing on it... until it is throbbing steadily... . Once you have a clear experience of your Second Chakra,



6. Locate your Dan Tien just below your navel... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What qualities or feeling do you sense in it...? What physical sensations...? Does it have a sound or a color...? Remember that it can change from moment to moment or hour to hour just as other parts of you do... You might, for example, experience it as a brightly shining star... “Sit” in this Center focusing on it... until it is throbbing steadily... How is your energy once you have sat in this Center? Once you have a clear experience of your Dan Tien,
7. Locate your Third Chakra where your ribs come together in front... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What qualities or feeling do you sense in it...? What physical sensations...? Does it have a sound or a color...? What is its power like...? You might, for example, experience it as a being as large as the universe... or as small as a grain of rice... “Sit” in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your Third Chakra,
8. Locate your Fourth Chakra in the center of your chest... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What emotions do you sense in it...? What physical sensations...? Does it have a sound or a color...? You might, for example, experience it as a delicate flower... or a trumpet being blown... “Sit” in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your Fourth Chakra,
9. Locate your Fifth Chakra in the hollow of your throat... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What emotions do you sense in it...? What physical sensations...? Does it have a sound or a color...? “Sit” in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your Fifth Chakra,
10. Locate your Sixth Chakra in the center of your forehead just above your eyebrows... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What emotions do you sense in it...? What thoughts, visions, insights...? What physical sensations...? Does it have a sound or a color...? “Sit” in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your Sixth Chakra,



11. Locate your Seventh Chakra in the center of your forehead just above your eyebrows... Tap it gently a few times... Sense or feel its qualities... Stay with it and experience what it is like now... Is it soft or hard...? Easy to enter or difficult...? What emotions do you sense in it...? What thoughts or insights...? What physical sensations...? Does it have a sound or a color...? "Sit" in the chakra focusing on it... until it is throbbing steadily... Once you have a clear experience of your Seventh Chakra,
12. Try to feel or sense all the chakras at the same time... "Sit" in them, focusing on them... until they are throbbing steadily, together...
13. See how your body feels now... See what your emotions are doing now... See what your Spirit is doing now... See how you feel in general... Is it different than when you began...? How...?
14. Become aware of your physical location... When you are ready, open your eyes.



## HOW TO USE THE MEDITATIONS WITH YOUR CLIENTS

At any given time, do only that meditation which is connected to and enhances the work you are doing in therapy. Knowing how and when to choose particular meditations requires an understanding of where you or your client is in that work.

Just as important, it requires direct experience of all the meditations on the part of the clinician or healer. If you are the clinician and are choosing meditations for your client, do not suggest a meditation that you have not already reaped the benefits from yourself.

It is best to do only one meditation at a time. Speed is not helpful in meditation; taking one's time is. It is best to change meditations when you have already reaped the benefits of the one you are doing.

For most of us, it is useful to practice meditation at the same time each day for a given length of time. Choose a time when you are NOT tired. You might buy a kitchen timer and set it for ten minutes the first day you meditate, eleven the second, twelve the third, increasing one minute each day until you are sitting for an hour. More is better, but this is usually sufficient.

If you are a clinician, do not offer meditation to people who have little or no ego development and strength. They are likely to suffer. This would normally include people whom you diagnose as dissociative, borderline, psychotic or, sometimes, PTSD. Also, some people who have panic disorder cannot meditate at first.

Meditation positions: It is best to sit or lie in any comfortable position that allows you to have a straight spine and three points of contact with something that supports you. For example, your rear on a chair and two feet flat on the floor, or your rear and two knees on the floor full or half lotus. Your eyes can be either closed or slightly open. If they are slightly open, let them unfocus and look one foot in front of you at the floor.

Intrusions: When you find yourself focusing on thoughts, physical sensations, or emotions rather than on the meditation, put these intrusions gently aside once you realize what has happened, and focus again on the meditation. Expect this process to recur often during meditation. It is a normal part of the process.

Ending a meditation: When you have finished meditating, become aware first of the room around you, and then slowly open your eyes. Focus your attention on your feet, then your legs, then your trunk, then your whole body, so that you are embodied before you try to stand. Also, bring your focus into your heart. Make contact with the floor or ground. Now you can safely resume your day's activities. Remember that you do not have to leave your spiritual focus behind after meditation. You can learn to be present to all of you at once.



## AIT HISTORY INTAKE FORM

Client History: Please use this format to prepare your history if possible.

Date of Birth.

- 1) Childhood, including:
  - a. Conception, gestation and birth.
  - b. Siblings and their ages.
  - c. What each parent was like during your childhood.
  - d. Your relationship with each parent during your childhood.
  - e. Your parent's relationship with each other.
  - f. Any other significant relationship if relevant (e.g., grandparents)
  - g. Childhood traumas, upsets, issues.
  - h. Childhood medical history including gestation, birth, vaccinations, illnesses, allergies, broken limbs, etc.
  - i. Childhood development issues, if any.
  - j. Childhood spiritual history, if any.
- 2) Complete adult medical history.
- 3) Current diseases, allergies, accidents and injuries, sexual concerns, or other issues.
- 4) Complete adult history.

# THE CORE BELIEF MATRICES

## 1. Key Core Beliefs Matrix

This Matrix is basically an addendum to the Covenant.

### A. Pessimism

1. Something basic is missing in me/I have everything I need within me.
2. Seemorg Matrix Work can never heal me/Seemorg Matrix Work can heal me.
3. (This therapist) can never help me heal/(This therapist) can help me heal.

### B. Self

4. I am worthless/I am valuable.
5. I am unlovable/I am lovable.
6. I am bad/I am good, bad and neutral.
7. I am inferior/I am equal.
8. I am not likable/I am likable.
9. I am not worth (seeing, hearing, being mirrored)/I am worth (seeing, hearing, being mirrored).
10. I deserve bad treatment/I deserve to be well treated.
11. I am incapable/I am capable.
12. I don't deserve to be my own person/I deserve to be my own person.
13. I'm incapable of independence/I'm capable of independence.
14. Independence is bad/Independence is good.
15. I'm not worth (comforting, protecting)/I'm worth (comforting, protecting).
16. I am fragile/I can become strong.



17. I am a weakling/I am strong.
18. I can't be healed/I can be healed.
19. I'm only worth what I can do/I have intrinsic value.
20. I'm not safe/I am safe.
21. I am (despicable, shameful)/I am good.
22. I have no good qualities/I have many good qualities.
23. Everyone knows I'm nothing/Some people see my potential and my value.
24. I'm an easy mark/I can learn to protect myself.
25. I can never have enough/I can have enough.
26. I can't become who I really am/I can become who I really am.
27. How I am is my fault/How I am is a result of (how I was treated, what happened to me).
28. How my life is, is my fault/My life is a result of (how I was treated, what happened to me).
29. I am too despicable to be with others/I deserve the company of others.
30. I don't accept myself/I accept myself.
31. I can't be myself/I can be myself.
32. I must hide behind a mask/I can be myself.
33. I must not find out who I am/I can safely find out who I am.
34. I am not real/My real self is hidden within me.
35. I cannot find my real self/I can find my real self.

### C. Others

36. People (invade, attack) me/Most people don't (invade, attack) me.
37. People are unloving/Many people are loving.



38. People neglect me/Many people don't neglect me.
39. People don't (see, hear, mirror) me/Many people can (see, hear, mirror) me.
40. People abuse me/Most people don't abuse me.
41. People abandon me/Many people don't abandon me.
42. People are untrustworthy/Many people are trustworthy.
43. People reject me/Many people don't reject me.
44. People fuse with me/Many people don't fuse with me.
45. People hate me/Many people don't hate me.
46. People (control, manipulate) me/Many people don't (control, manipulate) me.
47. People (exploit, use) me/Many people don't (exploit, use) me.
48. People endanger me/Most people do not endanger me.
49. People (humiliate, tease) me/Most people do not (humiliate, tease) me.
50. People (criticize, blame, judge) me/Many people do not (criticize, blame, judge) me.
51. People do not appreciate me/Many people appreciate me.
52. People don't let me be my own person/Many people let me be my own person.
53. People victimize me/Most people don't victimize me.
54. People starve me/Most people don't starve me.
55. People don't allow my power/Many people allow my power.

#### D. The World and Life

56. The world is evil/The world has evil, good, and everything in between.
57. The world is dangerous/The world is both safe and dangerous
58. Life is too hard for me/Life is a challenge I can meet.
59. Life is suffering, and then you die/I can find the good and beauty in life.
60. Life is too lonely to live/There are a lot of people I can learn to share life with.



## DESIRES

Negative desires, fantasies, obsessions, and addictions play a strong part in many people's need to protect themselves from unbearable emotions. All of them are based on the deepest negative desire of all, the individual's desire not to experience the emotions and sensations that are most horrible to them. This desire is probably the first one that has to be treated, once relevant traumas have been cleared.

Because desires are so idiosyncratic, the Matrices of negative desires that each client needs to treat are probably different from each other. Therefore, the clinician will need to create these Matrices for each client. Following is a Matrix I created for a very dependent, symbiotic client. It can be used as an example and template for the creation of other Desire Matrices. Use the Core Belief Protocol to treat it and all other Desire Matrices you might construct.

### 2. Dependency Desires Matrix

1. I want to be doted on/I want to be loved but not doted on.
2. I want to be the center of attention/I want to get my fair share of attention but I don't need more than that.
3. I always want a lot of attention/I want the same amount of attention that others get.
4. I want more attention than I give/I want to give and get equivalent attention.
5. I want (mother and/or present symbiote) to nurture me/I want to nurture myself.
6. I want to bask in (mother's and/or present symbiote's) attention/I want to get and give attention with (Mother, present symbiote, and everyone else).
7. I want (mother and/or present symbiote) to be overjoyed to see me/I want (mother and/or present symbiote) to be pleased to see me.
8. I want to be the center of the universe/I don't want to be the center of the universe.
9. I want to be the center of someone else's universe/I don't want to be the center of someone else's universe.
10. When I'm sick I want someone else to take care of me/I want to take care of myself when I'm sick, unless I'm really physically unable to do so.



11. I want someone to be there to help me cope with life/I want to be free and independent, and cope with my own life.



### 3. Abandonment Matrix

1. People always abandon me/Some people abandon me, others stay around.
2. I am alone/There are many people to connect with.
3. I want to die/I want to live.
4. No one loves me/Some people love me.
5. No one cares about me/Some people care about me.
6. I can't feel anyone's love/I can let in people's love.
7. I can't feel people's caring/I can let in people's caring.
8. I just want to eat worms/I want to get the love I need.
9. I just want to curl up and die/I want to get the caring I need.
10. I can't trust anyone not to abandon me/I can trust some people not to abandon me.
11. I can't learn how to tell who is trustworthy/I can learn how to tell who is trustworthy.
12. I can't be rescued from this aloneness/I, with others' help, can rescue myself from this aloneness.
13. I deserve to be abandoned/I deserved to be cherished.

#### 4. Abuse Matrix

1. I can be used/I will no longer permit being used.
2. I can be used sexually/I will no longer be used sexually.
3. I can be manipulated/I will no longer permit being manipulated.
4. I am worthless/I am valuable.
5. I am a sexual object/I am a person.
6. I am bad/I am good.
7. I deserve punishment/I deserve understanding, compassion, and acceptance.
8. Something is wrong with me that I am treated this way/Nothing is wrong with me.
9. (Molestation, rape, torture, beatings, enemas, etc.) have to be done to me/Nothing abusive has to be done to me.
10. My body is defective/My body is okay.
11. My psyche is defective/My psyche is okay.
12. My spirit is defective/My spirit is okay.
13. If I just do what feels good I'll get into trouble/If I do what feels good I can enjoy myself.
14. It's my fault I was abused/It's (the abusers') fault I was abused.
15. It's my fault I was tortured/It's (the torturer's) fault I was tortured.
16. I can't protect myself/I can learn to protect myself.
17. I have no way out of (the abuse, torture, etc.)/With help, I can find a way out of the (abuse, torture, etc.)
18. I have no control over my own life/I can learn to take control of my own life.

## 5. Admiration Matrix

It is helpful to elicit from the narcissistic client a list of early traumas or upsetting memories that made him crave admiration. These incidents caused him to cut off connection to his center and intrinsic value and replace the positive feelings they confer with positive feedback from others. Once you have cleared these traumas, you can permanently reverse related negative Core Beliefs.

### A. Deflated

1. I don't admire myself/I admire myself.
2. I have no value without admiration/I have intrinsic value.
3. I am worthless/I am valuable.
4. I deserve great admiration/Only God **deserves** great admiration.
5. I deserve to be worshipped/Only God **deserves** to be worshipped.
6. I am hateful/I am lovable.
7. I have to work very hard to be admired/I need only be myself.
8. I need admiration from others/I don't need admiration from others.
9. I need admiration from others/I can learn to admire myself.
10. I am nothing without admiration/I can connect to my essence, which makes me valuable.
11. I need to be worshipped to feel valuable/I need only connect to my Center to feel valuable.

### B. Inflated

12. Only I deserve to be admired/Everyone deserves be admired.
13. Only I deserve to be admired/No one **deserves** to be admired.

- 14. I deserve admiration no matter what I do or do not do/I must earn admiration.
- 15. I deserve unconditional admiration/Admiration must be earned.
- 16. I deserve admiration more than others do/No one **deserves** admiration.

### C. Negative

- 17. I especially deserve to be despised/Everyone deserves to feel appreciated.
- 18. I am despicable/I have admirable qualities.
- 19. I deserve to be despised no matter what I do or do not do/No one **deserves** to be despised.
- 20. I deserve to be despised more than others do/No one **deserves** to be despised.
- 21. I need the attention of being despised/I can give myself the attention I need.

## 6. Alienation Matrix

1. I am alone, alienated/I am with others.
2. No one cares about me/People care about me.
3. I'm an outsider/I'm an insider.
4. I'm an outsider/I'm a maverick.
5. I'm not legitimate/I'm legitimate.
6. I'm weird/I'm different.
7. I'm bad/I'm good.
8. I'm inferior/I'm equal.
9. I'm not a regular person/I am a regular person.
10. I can't be a regular person/I am a regular person.
11. I won't be able to change/I will be able to change.
12. I'm not going to be able to change because I can't be a regular person./I will be able to change because I am a regular person.
13. I'm better than everyone in some way that doesn't count./We are all equal.



## 7. Beauty Matrix

by Pati Beaudoin

1. I have to look good to feel good about myself/I can feel good about myself no matter how I look.
2. I have to look good to have value/I have value whether I look good or not.
3. If I don't look good I shouldn't be seen/I can be seen whether I look good or not.
4. If I don't look good I am sick/Looking good is not very important compared to the person I am.
5. If I don't look good I can't face the world/I can face the world no matter how I look.
6. My looks are my most important feature/I will demean myself by reducing myself to my looks.
7. If I don't look good Mother will be disappointed./Mother will be disappointed no matter how I look.
8. Mother loves me if I look good/Mother will or won't love me no matter how I look.
9. I have to be (pretty, beautiful)/How I am is always good enough.
10. I need my (mother, father) to love me./I am loveable whether my (mother, father) loves me or not.
11. I have no value unless I'm beautiful/How I look does not determine my value.
12. People will only value me for my beauty/People that only value me for my beauty are not the people I prefer to be with.

## **8. Matrix for Behavior with People, Groups, Organizations, Corporations, the Government**

1. I am the only person worth considering/All people are worth considering.
2. I am the only person whose feelings are worth considering/All people have
3. feelings worth considering.
4. Everyone besides me is just an object/Everyone is a person with needs, feelings, and desires, just like me.
5. I treat others insensitively/The way I treat others is just fine.
6. It's okay to treat people insensitively/It's not okay to treat people insensitively.
7. I can treat others any way I want/I must treat other with consideration.
8. I can treat others abusively/I can treat others well.
9. It's okay to treat people abusively/It's not okay to treat people abusively.
10. My looking down on others is just fine/It's not good to look down on others.
11. My condescending to others is just fine/It's not good to condescend to others.
12. It's okay to treat people condescendingly/It's not okay to treat people condescendingly.
13. It's okay to treat people arrogantly/It's not okay to treat people arrogantly.
14. I treat others cruelly/The way I treat others is just fine.
15. It's okay to treat people cruelly/It's not okay to treat people cruelly.
16. I treat others as if they were machines/The way I treat others is just fine.
17. It's okay to treat people as if they were machines/It's not okay to treat people as if they were machines.
18. It's okay to use (children, men, women) sexually/It's not okay to use (children, men, women) sexually, whether they consent or not.
19. Friendships are for my advantage/Friendships are for mutual advantage.

- 20. Intimate relationships are for my advantage and pleasure/Intimate relationships are for mutual advantage and pleasure.
- 21. Marriage is for my advantage and pleasure/Marriage is for mutual advantage and pleasure.
- 22. Business relationships are for my advantage and profit/Business relationships are for mutual advantage and profit.
- 23. I treat people any way I like/I treat people with care, respect, and consideration.

## 9. Body Matrix

1. I am not my body/I am my body.
2. My body is bad/My body is good.
3. My body is sinful/My body is without sin.
4. My body is not worth caring for/My body is worth caring for.
5. My body deserves to be hurt/My body deserves to be protected from hurt.
6. My body can't be healed/My body can be healed.
7. My (affected body part) can't be healed/My (affected body part) can be healed.
8. My (affected body part) can't grow stronger/My (affected body part) can grow stronger.
9. My immune system can't get stronger/My immune system can get stronger.
10. I hate my (name relevant body part)/I love my (name relevant body part).
11. My (name body part) is not worth saving/My (body part) is worth saving.
12. My (name body part) is not worth healing/My (body part) is worth healing.
13. My body's too old to be (beautiful, handsome)/My body is (beautiful, handsome) for its age.
14. My (name relevant body part) is ugly/My (relevant body part) is just right.
15. I'm nothing if I'm not (beautiful, handsome)/I have value aside from my physical appearance.
16. Aging is a curse/Aging is a challenge.



## 10. Breaking the Law Matrix

1. I am above the law/I must obey the laws of my city, state, and country.
  2. It's okay for me to break the law/It's not okay for me to break the law.
  3. It's okay for me to steal from others/It's not okay for me to steal from others.
  4. It's okay for me to molest (girls, boys, women, men)/It's not okay for me to molest (women, men, girls, boys).
  5. It's okay for me to rape (girls, boys, men, women)/It's not okay for me to rape (girls, boys, men, women).
  6. It's okay for me to kill people/It's not okay for me to kill people.
  7. It's okay for me to burn property/It's not okay for me to burn property.
  8. It's okay for me to attack people/It's not okay for me to attack people.
  9. It's okay for me to assault people/It's not okay for me to assault people.
  10. It's okay for me to shoot people/It's not okay for me to shoot people.
  11. It's okay for me to mug people/It's not okay for me to mug people.
  12. It's okay for me to forge (documents, money, etc.)/It's not okay for me to forge (documents, money, etc.).
  13. It's okay for me to cheat people/It's not okay for me to cheat people.
  14. It's okay for me to cheat (companies, governments, organizations, groups)/It's not okay for me to cheat (companies, governments, organizations, groups).
  15. It's okay for me to con people/It's not okay for me to con people.
  16. It's okay to (hit/punch/whip/beat, mug) people/It's right to treat people nonviolently, and with compassion and kindness.
  17. It's okay to cheat corporations/Cheating corporations is not okay.
  18. It's okay to steal from corporations/Theft is not okay.
  19. It's okay to steal from the government/Theft is not okay.
- It's okay to use children sexually/It's not okay to use children sexually, whether they consent or not.



## 11. Comfort Matrix

1. No one will comfort me/My friends and I will comfort me.
2. I can't comfort others/I can comfort others.
3. I don't want to comfort others/I want to comfort others.
4. I don't know what to say to comfort others/I know how to comfort others.
5. I don't know what to do to comfort others/I know how to comfort others.
6. I cannot be comforted/I can be comforted.
7. No one will comfort me/God will comfort me.
8. I don't want to be comforted/I want to be comforted.
9. I don't want to feel comforted/I want to feel comforted.
10. I resent having to comfort others/I want to comfort others.
11. No one should need comfort/Everyone needs comfort sometimes.



## 12. Compassion Matrix

1. I have no compassion for others/I have compassion for others.
2. I have no compassion for myself/I have compassion for myself.
3. I don't care what I need/I care what I need.
4. I don't care what others need/I care what others need.
5. Only what I need is important/What everyone needs is important.
6. Others have no empathy for me/Others empathize with me when I let them in.
7. Others don't care about me/Others care about me when I let them know me.
8. There's no need to put myself in \_\_\_\_\_'s place/It's important for me to put myself in \_\_\_\_\_'s place.
9. I don't care about what I have suffered/I care about what I have suffered.
10. I don't care about what I am suffering/I care about what I am suffering.
11. I don't care about what other people have suffered/I care about what other people have suffered.
12. I don't care about what other people are suffering/I care about what other people are suffering.
13. I have no compassion for myself/I have compassion for myself.
14. It's not important to have compassion for myself/It's important to have compassion for myself.
15. I have no compassion for others/I have compassion for others.
16. It's not important to have compassion for others/It's important to have compassion for others.
17. There's no need to put myself in \_\_\_\_\_'s place/It's important for me to put myself in \_\_\_\_\_'s place.

### **13. Control Matrix**

#### **A. For People Who Are Controlling**

1. Things must go the way I want them to/Things go the way they go.
2. People must do what I want them to do/People must do what they choose to do.
3. My expectations must be met/My expectations are delusions.
4. Things must be just like I like them/Things are as they are.
5. I must be in control/Only God is really in control.
6. It's okay for me to control everyone else/It's okay for me only to control myself (and children in my charge-- but only for their protection and well being).
7. I must control my life's direction/It's okay for God to control my life's direction.
8. I'm responsible for always being in control/No one need always be in control.
9. I must always control myself/I can let go when it is appropriate.
10. It's okay to manipulate people for my own purposes/It's not okay to manipulate people for my own purposes.
11. It's okay to manipulate people without regard for the consequences to them/It's not okay to manipulate people without regard to the consequences to them.

#### **B. For People Who Don't Take Their Power**

12. My power is dangerous/my power is neutral.
13. I can't be in control of myself/I can be in control of myself.
14. I can't handle power/I can handle power.
15. I am weak, powerless/I am powerful.
16. My power is dangerous/I can choose to use my power for good or ill.
17. I'm not allowed to control myself/I can control myself.



## 14. Denial Matrix

1. Nothing bad really happened to me/I have suffered traumas like everyone else.
2. Nothing bad really happened to me/Something bad happened to me, but I don't remember it.
3. My childhood was good/My childhood had good, neutral, and bad things in it.
4. My mother was only good to and for me/My mother did good, neutral, and bad things to and for me.
5. My father was only good to and for me/My father did good, neutral, and bad things to and for me.
6. My (husband, wife, marriage) was only good for me/My (husband, wife, marriage) has harmed me.
7. It's too frightening to know the truth/I can deal with my fear of knowing the truth.
8. What happened to me is too scary to remember/I am strong enough to remember what happened to me.
9. It's too frightening to know the truth/The truth will set me free.
10. I can't deal with what happened to me/I can deal with what happened to me.
11. I can't handle the (anger, sadness, fear, grief) that remembering the truth will bring/I can handle the (anger, sadness, fear, grief) that remember the truth will bring.
12. I don't want to grow and evolve/I want to grow and evolve.
13. I'd rather live in a fantasy world than reality/I'd rather live in reality than in a fantasy world.

## 15. Despair Matrix

1. I am helpless/There's a lot I can do.
2. Despair is the foundation of my life/Love and growth are the foundations of my life.
3. I cannot go on/I can do a lot more in my life.
4. I can't take any more/I can learn to handle anything that comes my way.
5. I am too (hurt, wounded, damaged) to do more/I can heal from every wound I have.
6. There is no cure for (not having been loved, sexual abuse, symbiosis, etc.)/I can heal from (the loss of a child, cancer, etc.).
7. My situation is hopeless-- nothing can change/My situation and I can change.
8. I'm permanently broken/I can be repaired.
9. I can't help myself/I can help myself.
10. No one can help me/Others can help me.
11. Therapy can't help me/Therapy can help me.
12. This therapy can't heal me/This therapy can heal me.
13. Energy psychotherapy can't heal me now/Energy psychotherapy can heal me now.
14. (The psychotherapist) can't help me heal myself/(The psychotherapist) can help me heal myself.
15. There is no hope/There is real hope.

## 16. Devastation Matrix

The following are Core Beliefs that tend to emerge after the deepest wounds of all have been sustained. They have to do with how trauma has shaped the individual's sense of how s/he can survive, and his/her expectations about what life can be after such severe trauma. It is helpful to do these first, and just after the deepest wounds are addressed with Matrix Trauma Work.

1. I am a field of devastation/I can be healed.
2. I can never get well/I can get well.
3. My deepest wounds can never go away/My wounds can be healed.
4. My bad feelings will never go away/My bad feelings can be released.
5. My bad thoughts will never go away/My bad thoughts can.
6. My (pain, bad physical sensations, symptoms) will never go away/My (pain, bad physical sensations, symptoms) can go away.
7. I must keep control to survive/I will survive whether I'm controlling things or not.

## 17. Distrust Matrix

1. People are not trustworthy/Most people are trustworthy about some things, and not trustworthy about other things.
2. Men are not trustworthy/Most men are trustworthy about some things and not about other things.
3. Women are not trustworthy/Most women are trustworthy about some things and not about other things.
4. Adults are not trustworthy/Most adults are trustworthy about some things, and not about other things.
5. Children are not trustworthy/Most children are trustworthy about some things, and not about other things.
6. Parents are not trustworthy/Most parents are trustworthy about some things, and not about other things.
7. People in authority are not trustworthy/Most people in authority are trustworthy about some things, and not about other things.
8. Wives are not trustworthy/Most wives are trustworthy about some things, and not about other things.
9. Husbands are not trustworthy/Most husbands are trustworthy about some things, and not about other things.
10. People (or some subcategory of people) are out to get me/People (or some subcategory of people) are mostly interested in their own lives, not mine.
11. Institutions are not trustworthy/Most institutions are trustworthy about some things, and not about other things.
12. Employers are not trustworthy/Most employers are trustworthy about some things, and not about other things.
13. Corporations are not trustworthy/Most corporations are trustworthy about some things, and not about other things.
14. (Churches, synagogues, religions, etc.) are not trustworthy/(Most churches, etc.) are trustworthy about some things, and not about other things.
15. \_\_\_\_\_ are trying to harm me/\_\_\_\_\_ are not trying to harm me.



16. \_\_\_\_\_ are trying to destroy me/ \_\_\_\_\_ are not trying to destroy me.
17. \_\_\_\_\_ are plotting against me/ \_\_\_\_\_ are not plotting against me.
18. \_\_\_\_\_ want to see me fail/ \_\_\_\_\_ mostly don't care if I succeed or fail.
19. I am trustworthy/I am trustworthy about some things and not about others.
20. I am untrustworthy/I am trustworthy about some things and not about others.
21. I don't trust myself/I trust myself.
22. I don't trust what comes out of me/I trust what comes out of me.
23. I don't trust myself to \_\_\_\_\_/I trust myself to \_\_\_\_\_.
24. I don't trust myself to use my power well/I trust myself to use my power well.
25. Everyone's out to get me/No one's out to get me.
26. \_\_\_\_\_ is out to get me/No one's out to get me.
27. \_\_\_\_\_ wants to hurt me/No one wants to hurt me.
28. \_\_\_\_\_ wants to kill me/No one wants to kill me.
29. \_\_\_\_\_ wants to kidnap me/No one wants to kidnap me.
30. \_\_\_\_\_ wants to experiment on me/No one wants to experiment on me.

## **18. Divine Connection Matrix**

### **1. Positive Divine Connection**

#### **A. Psychological Prerequisites**

1. Mother and I are one/I am a separate being.
2. I am abandoned/II am cherished.
3. I am dependent/I am independent.
4. I am guilty/I am innocent.
5. I am powerless/I am powerful.
6. It is dangerous to feel/It is safe to feel.
7. I can only get there the hard way/I can get there easily.
8. I am inferior/I am every human's equal.
9. I am superior/I am every human's equal.
10. I don't deserve to connect with God/I deserve to connect with God.

#### **B. Spiritual Prerequisites**

11. I am absent/I am present.
12. I am closed/I am open.
13. I am closed/I am receptive.
14. I am skeptical/I have faith.
15. My heart is closed/My heart is open.
16. My spirit is closed/My spirit is open.

### **C. Expectations**

- 17. I don't value my spiritual life/I value my spiritual life.
- 18. I can't develop spiritually/I can develop spiritually.
- 19. I can't become (illuminated, enlightened, one with God)/I can become
- 20. (illuminated/enlightened/one with God).
- 21. I keep control for myself/I surrender to God.
- 22. I don't honor my spirit and God/I honor my spirit and God.
- 23. I can't climb to spiritual heights/I can climb to spiritual heights.
- 24. I can't enter spiritual depths/I can enter spiritual depths.
- 25. I stay on the surface of things/I move easily into my depths.
- 26. It's (hard, impossible) for me to attain spiritual heights/I rise easily up to spiritual heights.

### **D. Relation to God**

- 27. God does not exist/God exists.
- 28. God exists but does not care about me/God cares about everyone.
- 29. God wants to make me suffer/God does not want me to suffer; God wants me to develop.
- 30. God doesn't care how much I suffer/God cares that I suffer.
- 31. God won't stop my suffering/God knows only I can stop my suffering by healing myself.
- 32. I am unsafe with God/I am safe with God.
- 33. God is dangerous to me/There is nothing for me to fear from God.
- 34. God does not see me/God sees me.
- 35. God does not understand me/God understands me.
- 36. God does not hear me/God hears me.
- 37. I have no value to God/I am valuable to God.



38. I am unworthy of being connected to God/I am worthy of being connected to God.
39. I am not connected to God/I am connected to God.
40. God is unconnected to me/God is with me.
41. I am separate from God/God and I are one.
42. God is bad/God is good.
43. I am greater than God/God is greater than I am.
44. God only exists elsewhere/God is here with me, and everywhere.
45. God is unconnected to me/God is within me.
46. God doesn't hear my prayers/God hears my prayers.
47. God doesn't care about me/God cares about me.
48. God doesn't love me/God loves me.
49. God hates me/God loves me.
50. God finds me wanting/God accepts my limitations.
51. God rejects me/God accepts me.
52. God doesn't want me/God wants me.
53. I have to be perfect for God/I don't have to be perfect for God.
54. God judges me harshly/God judges me compassionately.
55. God is displeased with me/God is pleased with me.
56. I am unrelated to God/I am a child of God.
57. God and I are strangers/God and I can be intimates.
58. I have no foundation/God is my foundation.

## **II. Negative Divine Connection**

1. Pain is my connection to God/I have positive connections to God.
2. God enjoys my pain/God loves me.
3. God hates who I am/God loves me.





4. God loves to punish me/God wants me to grow wise.
5. God only delights when he can use me/God delights in me.
6. God only wants to control me/God delights in me.
7. God can't stand who I am/God loves me.
8. When I need God, s/he abandons me/God is always there for me, even if I don't understand how.
9. God abandoned me because I am a mistake/God has never abandoned me.
10. God doesn't want me to be happy/God wants me to become enlightened.
11. God thinks I'm a disgusting mistake/God placed me on earth just because I am what I am.
12. God must be like the adults in my life, only bigger and meaner/God is like no one I know; I cannot imagine how God really is.
13. God is evil/God is everything, and God is unknowable.
14. God is just waiting to catch me and kill me/I don't know what God is doing.
15. God punishes my imperfection/God is not interested in people being perfect.
16. God's out to get me and I don't have a prayer/God just wants me to grow and become wise.
17. Satan's got me and can do whatever he wants with my body/I have been traumatized, but I can be healed.
18. I will be victimized and I can't do anything about it/I don't have to be victimized any more, and I can take my power.
19. I have to be more perfect than God/It's fine to be human and imperfect.



## 19. Ego Deficit Matrix

1. I have blinders on/I can look.
2. I don't have anything inside me to hold on to/I have my Center to hold onto.
3. I am fragile/I am strong.
4. I'll be clobbered if I'm strong/I'll protect myself when I'm strong.
5. Everything I say is stupid/I say stupid and smart things like everyone else.
6. I can't talk right/I can be understood by anyone.
7. Being closed is being strong/Being open is being strong.
8. Being armored is being strong/Being vulnerable is being strong.
9. Not expressing my feelings is being strong/Expressing my feelings is being strong.
10. Not feeling anything is being strong/Feeling my feelings is being strong.
11. Being absent is a good way to protect myself/Being present is the best way to protect myself.
12. I can ask anybody anything/Asking some things is inappropriate.
13. I can say anything to anybody/Saying some things is inappropriate.
14. I am part of many people/I am a separate being.
15. Many people are part of me/I am a separate being.
16. I have no thrust/I have thrust.
17. I cannot assert myself/I can assert myself.
18. I have no energy/I need to connect to my energy.
19. I can't make decisions/I can make decisions.
20. I can't make choices/I can make choices.
21. I can't control my anger/I can control my anger.
22. I can't let anyone in/I can let good friends in.
23. I can't confront people/I can confront people.
24. I can't stand up for myself/I can stand up for myself.
25. I can't do what I want/I can do what I want.



## 20. Ego Syntonicity Matrix

This is, of necessity a very incomplete list, since the number of things that can be ego syntonic are probably infinite. The therapist will have to think about what ego syntonic attitudes and behaviors s/he has observed in each client and add the relevant ones to this list.

1. I am perfect/I am imperfect.
2. I am perfect just the way I am/Parts of me are wounded and need healing and transformation.
3. Everything I want will always be there/No one gets everything they want.
4. I can accomplish everything I want/No one accomplishes everything they want.
5. I will be famous and rich/It's impossible to know what I will be.
6. I am worthless unless I become famous and rich/My value is intrinsic.
7. I am worthless unless I stay famous and rich/My value is intrinsic.
8. It's normal to be compulsive/People who are compulsive need help.
9. It's normal to be superior/Superiority is an illusion.
10. It's normal to look down on (most/all) other people/All people are my equals.
11. It's normal to be disinterested in people/Every person is interesting in some way.
12. It's normal to please people in order to get praise from them/It's normal to please people because you care about them.
13. I can get away with anything/No one gets away with anything.
14. My behavior with others is perfect just the way it is/I must learn to treat people better.
15. It's okay to be dishonest/It's not okay to be dishonest.
16. It's okay to be symbiotic/It's not okay to be symbiotic.
17. It's okay to be dependent/It's not okay to be dependent.



## **21. Emotion Matrix**

### **A. My Feelings**

1. I don't want to feel/I want to feel.
2. I have no feelings/I have feelings.
3. It's not safe for me to feel/It's safe for me to feel.
4. It's dangerous for me to feel/It's safe for me to feel.
5. It's dangerous for me to express my feelings/It's safe for me to express my feelings.
6. It's not safe for me to know what others are feelings/It's safe for me to know what others are feeling.
7. It's not safe for me when others express their feelings to me/It's safe for me when others express their feelings to me.
8. It's too painful for me to feel/I can handle whatever I feel.
9. I cannot feel my emotions/When I stop and tune in, I can feel my emotions.
10. My feelings are unimportant/My feelings are important.
11. I don't take my feelings into account/I take my feelings into account.
12. My feelings are beneath my notice/My feelings are important to me.
13. My feelings are irrelevant to me/My feelings are relevant to me.
14. Others have no empathy for me/Others empathize with me when I let them in.
15. It's dangerous to feel my feelings/It's safe to feel my feelings.
16. It's dangerous to express my feelings/It's safe to express my feelings.
17. I am anger itself/I have all kinds of feelings, and they come and go.
18. I am sadness itself/I have all kinds of feelings, and they come and go.
19. I am rage itself/I have all kinds of feelings, and they come and go.
20. I am violence itself/I have all kinds of feelings, and they come and go.
21. I am grief itself/I have all kinds of feelings, and they come and go.
22. I am despair itself/I have all kinds of feelings, and they come and go.
23. I am fear itself/I have all kinds of feelings, and they come and go.

- 24. I am shame itself/I have all kinds of feelings, and they come and go.
- 25. People are hostile to my feelings/Different people react differently to my feelings.
- 26. It's not safe to reveal my emotions to people/It's safe to reveal my emotions to some people, but not to others.
- 27. Not showing my feelings is being strong/Being vulnerable by showing my feelings is being strong.
- 28. Not feeling anything is being strong/Feeling everything is being strong.

### **B. Other people's feelings**

- 29. Other people's feelings are not important/Other people's feelings are important.
- 30. I don't take other people's feelings into account/I take other people's feelings into account.
- 31. It's unnecessary to take other people's feelings into account/It's necessary to take other people's feelings into account.
- 32. Other people don't have feelings/Other people have feelings.
- 33. Other people's feelings are beneath my notice/Other people's feelings are important to me.
- 34. There's no need to put myself in \_\_\_\_\_'s place/It's important for me to put myself in \_\_\_\_\_'s place.
- 35. Other people's feelings are irrelevant to me/Other people's feelings are important to me.
- 36. I can't tell what other people are feeling/When I (tune in, feel, look, listen, sense, intuit, ask), I can tell what other people are feeling.
- 37. It's not safe for me when others express their feelings to me/It's safe for me when others express their feelings to me.
- 38. Others have no empathy for me/Others empathize with me when I let them in.
- 39. Others don't care about me/Others care about me when I let them know me.
- 40. It's not safe for me to know what others are feeling/It's safe for me to know what others are feeling.

## 22. Emptiness Matrix

1. I am empty/I am full, but unconnected with my inner richness.
2. I cannot tolerate the void within me/I can sit in the void within me.
3. I must run away from my hollowness/I can sit in my emptiness.
4. My emptiness is bad/My emptiness is the good place where I can grow.
5. I will die when I sit in my emptiness/I will begin to live when I sit in my emptiness.
6. My hollowness is worthless/My hollowness is the seat of growth and wisdom.
7. My hollowness is meaningless/The meaning of my life waits for me in that emptiness.
8. My emptiness is dangerous/I am safe in my emptiness.
9. I must avoid my emptiness because my feelings are there/I don't need to avoid my feelings.
10. I must avoid my emptiness because I will change if I don't/It's good to change.
11. Change is too scary to do/It's good to change even if it's scary.
12. I'm afraid of what I'll find in my emptiness/I'll find myself in my emptiness.

### 23. Entitlement Matrix

1. I'm entitled to have everything I want/I'm not entitled to anything.
2. I'm entitled to have things the way I want them to be/Only God is entitled.
3. I'm entitled to royal treatment/I'm entitled to the same treatment as everyone else is.
4. People have to go out of their way for me/I should be treated like everyone else.
5. I have a right to be treated specially/I have a right to the same treatment as everyone else gets.
6. I am entitled to have people be just the way I want them to be/I am not entitled to have people be just the way I want them to be.
7. I am entitled to have people behave just the way I want them to behave/I am not entitled to have people behave just the way I want them to behave.
8. I am entitled to have people treat me just the way I want them to treat me/I am not entitled to have people treat me just the way I want them to treat me.



## 24. Envy Matrix

1. I am envious of others/I am developing my own potentials.
2. I am envious of the accomplishments of others/I am working to create my own accomplishments.
3. I am envious of how others look/I will improve my own appearance.
4. I am envious of how rich others are/I can make my own money.
5. I am envious of others' social status/I can improve my own social status.
6. I am envious of others' creativity/I can develop my own creativity.
7. I am envious of others' knowledge/I can increase my own knowledge.
8. I am envious of others' business (skills/success)/I can develop my own business (skills/success).
9. I am envious of others' abilities/I can develop my own abilities.
10. I am envious of others' \_\_\_\_/I can develop my own \_\_\_\_.
11. I am not valuable/I am valuable.
12. I can never have enough \_\_\_\_/I can have enough \_\_\_\_.
13. I can never be enough/I can be enough.
14. Only what I have is important/What I am is the most important thing.
15. I am not enough/I am enough.
16. I validate myself by what I have and do in the world/I am valid because I am human.
17. I am nothing/I am my own work of art.
18. I cannot develop my own potentials/I can develop my own potentials.
19. I cannot protect myself from others' envy/I can learn to protect myself from others' envy.
20. I must hide my light to protect myself from others' envy/Only achieving the utmost will protect me from others' envy.



## 25. Exploitation Matrix

1. It okay if I exploit other people/I must treat others well and non-exploitatively.
2. It's okay if I use people/It's not okay to use people.
3. It's okay if I exploit people/It's never okay for me to exploit people.
4. It's okay if I objectivize (people/women/children)/It's never okay for me to objectivize (people/women/children).
5. It's okay if I manipulate people/It's never okay to manipulate people.
6. It's okay if I control people/It's never okay to control people other than myself.
7. It's okay to use others in order to achieve my goals/It's not okay to use others even when I am trying to achieve my goals.
8. It's okay to manipulate others in order to achieve my goals/It's not okay to manipulate others even when I am trying to achieve my goals.
9. It's okay to control others in order to achieve my goals/It's not okay to control others even when I am trying to achieve my goals.
10. It's okay to exploit others in order to achieve my goals/It's not okay to exploit others even when I am trying to achieve my goals.
11. It's okay to put others down in order to achieve my goals/It's not okay to put others down in order to achieve my goals.
12. It's okay to walk on others in order to achieve my goals/It's not okay to walk on others in order to achieve my goals.

## 26. False Humility Matrix

1. I cover my self-importance with false humility/I try to be as I really am.
2. I behave with humility so no one will see how puffed up I am/I try to be myself.
3. I want people to think I am humble/I want people to see me as I am.
4. I pretend I am not conceited/I try to be myself.
5. If I don't pretend humility people will not like me/People will like me best when I become myself.
6. People will do what I want only if I appear humble/It is not good to manipulate people.

## 27. Future Matrix

1. It's unlikely that things will work out well/It's likely that things will work out well.
2. I can get there but I must go through hell first/I can get there without having to go through hell.
3. I won't get well/I will get well.
4. I won't live long enough to enjoy life/I can live a long life.
5. My future is empty/I can fill my future with many good things.
6. I will never get where I want to go/I can get where I want to go.
7. I will never have children/It's possible for me to have children.
8. I will never have a good career/It's possible for me to have a good career.
9. I will never have a good job/It's possible for me to have a good job.
10. I will never marry/It's possible for me to marry.
11. I will never enjoy life/It's possible for me to enjoy life.
12. I will never live without fear/It's possible for me to live without fear.
13. I will never live without rage/It's possible for me to live without rage.
14. I will never live without grief/It's possible for me to live without grief.
15. I will never live without anxiety/It's possible for me to live without anxiety.
16. I will never live without depression/It's possible for me to live without depression.
17. I will never live without (a particular emotion)/It's possible for me to live without (that particular emotion).
18. I will never live without (symptom, e.g. panic attacks)/It's possible for me to live without (that symptom).

## 28. Goodness Matrix

1. I don't get to be happy/I can be happy.
2. I don't deserve the good/I deserve the good.
3. It's not safe for me to have the good/It's safe for me to have the good.
4. I'll appear better but I'll still feel the same/I'll really feel much better.
5. Good things are not possible for me to have/It's possible for me to have much that is good in my life.
6. I don't get to have (something good)/I can get to have (that thing).
7. I don't get to do (something good)/I can get to do (that thing).
8. I don't get to be a good person/I can learn to be a good person.

## 29. Grandiose Fantasy Matrix

Grandiose fantasies take more forms than anyone could begin to imagine. It is especially important to ask the narcissistic client what his/her fantasies are so that you can deduce the negative Core Beliefs connected to them, discover what early traumas these fantasies are connected to, and clear them and the related Core Belief matrix. This area is especially important because many narcissistic clients often live in make-believe worlds of grandiose fantasies and don't experience much of real life.

1. Real life is too painful to experience/I am strong enough to experience real life with all its hurts and joys.
2. Real life is too boring to experience/I am strong enough to deal with the boredom of real life and what lies beneath it.
3. Fantasies are more (interesting, fun, safe, etc.) than real life/Real life is far more satisfying and moving than any fantasy.
4. I would rather have fantasies than real life/I would rather have real life than any fantasy.
5. Real life is too enraging to experience/I am strong enough to experience the rage of real life.
6. Real life is too scary to experience/I am strong enough to experience the fear that goes with living real life.
7. Real life is too humiliating to experience/I am strong enough to experience the humiliations that sometimes come in real life.
8. Real life is too sad to experience/I am strong enough to experience the sadness in real life.
9. Real life is too joyful to experience/I am strong enough to experience the joy in real life.
10. Real life is too good to experience/I am good enough to experience the goodness in real life.
11. Real life is too \_\_\_\_\_ to experience/I am strong enough to experience the \_\_\_\_\_ in real life.

12. I am scared of intimacy in real life/I can learn to experience real intimacy.
13. There's too much rejection in real life/I am strong enough to experience the rejections that sometimes come in real life.
14. There's too much abandonment in real life/I am strong enough to
15. experience the abandonments that sometimes come in real life.
16. There's too much anxiety in real life/I am strong enough to experience the anxiety that sometimes comes in real life.
17. There's too much \_\_\_\_\_ in real life/I am strong enough to experience the \_\_\_\_\_ in real life.
18. I am too \_\_\_\_\_ to experience real life/I can experience real life.

### **30. Grandiosity Matrix**

It is important to distinguish between narcissistic people and people who have a profound spiritual development. The latter experience the Universe as one being, God, all else being delusion. When narcissists think that they are the only being, the being they are referring to is the ego. The spiritually developed position is not a narcissistic one, although it might look like one. If you are not sure about a particular client in this regard, muscle check the following Core Beliefs:

#### **A. Discovering Spiritually Advanced Clients**

1. There are billions of beings/God is the only being.
2. Duality is reality/Duality is illusion.
3. Everything is real/The only reality is God.
4. I am not the only being/I am the only being in that I am one with God.

Being spiritually advanced doesn't mean, however, that a client does not have narcissistic characteristics. If she is on a path and has come to see you, it is probably to remove the narcissistic and other obstacles that impede her spiritual development. The Core Beliefs above may eliminate some people from the need to be tested for positive idealization.

#### **B. Positive Grandiosity or Inflation**

5. I am the only being/I am one of billions of beings.
6. Only I have an internal life/All people have internal lives.
7. I must get everything done/It's good enough if I get done as much as I can.
8. Only I have feelings/Every person has feelings.
9. Even if they have feelings I'm the one who can hurt them because I'm so powerful and important/I am no more important and powerful than others are.
10. Only I am important/Every person is equally important.



11. Only I am valuable/Every person is equally valuable.
12. I am sensitive only to my own feelings/I am sensitive to everyone's feelings.
13. I am all-powerful/My power is limited.
14. I am all-knowing/My knowledge is limited.
15. I am all-seeing/My sight is limited.
16. I am all-important/I am no more important than any other person.
17. I am the smartest/I am smart.
18. I am the prettiest/I am pretty.
19. I am the sexiest/I am sexy.
20. I am the most attractive/I am attractive.
21. I am the deepest/I have depth.
22. I am the most intuitive/I am intuitive.
23. I am the most perceptive/I am perceptive.
24. I am superior to everyone else/I am equal to everyone else.
25. I have achieved the most/My achievements are within normal limits.
26. I am the most talented/My talents are within normal limits.
27. I am the most important person/I am as important as all other people.
28. I must be adored/I must be treated as well as everyone else is treated.
29. I must be special/I don't have to be special
30. I am entitled to special treatment/I am entitled to ordinary treatment.
31. I deserve to be obeyed/I deserve both to obey and be obeyed.
32. Only I deserve to be obeyed/I deserve to obey and to be obeyed.
33. I deserve to be listened to/I deserve to listen and to be listened to.
34. Only I deserve to be listened to/I deserve to listen and to be listened to.
35. Only I deserve to be respected/I deserve to respect and be respected.
36. I deserve to have my expectations met/No one deserves to have any expectations met, not even me.



- 37. I deserve to use others/Everyone deserves not to be used.
- 38. I deserve to take advantage of others/Others deserve that I treat them respectfully and well.
- 39. I am special/I am ordinary.
- 40. I am the most successful/I am normally successful.
- 41. I am the most powerful/I am normally powerful.
- 42. I am the most brilliant/I am normally intelligent.
- 43. I am the most beautiful/I am normally attractive.
- 44. I am the most handsome/I am normally attractive.
- 45. My love is the most special/My love is normal.
- 46. Our love is the most special/Our love is normal.
- 47. My sex life is the best/My sex life is normal.
- 48. My children are the best/My children are, thankfully, normal.
- 49. My house is the best/My house is normal.
- 50. My job is the best/My job is normal.
- 51. My friends are the best/My friends are normal.
- 52. My (wife, husband, lover) is the best/My (wife, husband, lover) is normal.
- 53. I should only associate with special people/I should associate with everyone I like.
- 54. I should only deal with the most special (groups, companies, organizations/I should deal with every (group, company, organization) I like.

### **C. Negative Grandiosity or Deflation**

- 55. I do not exist/Like every other living person, I exist.
- 56. Only I have no internal life/All people have internal lives.
- 57. I have no feelings/Like everyone else, I have feelings.
- 58. I am totally unimportant/Every person is equally important.

59. I am totally worthless/Every person is equally valuable.
60. My feelings aren't worth honoring/I am sensitive to everyone's feelings, especially my own.
61. I am powerless/My power is real but limited.
62. I know nothing/My knowledge is real but limited.
63. I see nothing/My sight is real but limited.
64. I have no importance/I am as important as every other person.
65. I am the dumbest/I am intelligent.
66. I am the ugliest/I look fine.
67. I'm the least sexy person/I am sexy enough.
68. I'm the least attractive person/I am attractive enough.
69. I have the least depth/I have depth.
70. I am the least intuitive/I am intuitive.
71. I am the least perceptive/I perceive things.
72. I am inferior to everyone else/I am the equal of all people.
73. I have achieved the least/My achievements are within normal limits.
74. I am the least talented/My talents are within normal limits.
75. I am the least important/I am as important as all other people.
76. I must be despised/I must be treated according to how I treat others.
77. I deserve to be ignored/I deserve people to treat me as well as I treat them.
78. I must be adored/I must be treated with humanity.
79. I am not entitled to special treatment/I am entitled to normal treatment.
80. I don't deserve to be obeyed/I deserve for people to treat me as well as I treat them.
81. Only I don't deserve to be obeyed/I deserve to obey and to be obeyed.
82. I don't deserve to be listened to/I deserve to listen and to be listened to.
83. Only I don't deserve to be listened to/I deserve to listen and to be listened to.
84. Only I don't deserve to be respected/I deserve to respect and be respected.



85. I don't deserve to have my expectations smashed/I deserve to live life with all its pleasures and disappointments.
86. I deserve to be used by others/I deserve that others treat me respectfully and well.
87. I deserve to be taken advantage of by others/I deserve that others treat me respectfully and well.
88. I am the least successful/I am normally successful.
89. I am the least powerful/I am normally powerful.
90. I am the least brilliant/I am normally intelligent.
91. I am the least beautiful/I am normally good looking.
92. I am the least handsome/I am normally good looking.
93. My love is the least special/My love is normal.
94. Our love is the least special/Our love is normal.
95. My sex life is the worst/My sex life is normal.
96. My children are the worst/My children are, thankfully, normal.
97. My house is the worst/My house is normal.
98. My job is the worst/My job is normal.
99. My friends are the worst/My friends are normal.
100. My wife/husband is the worst/My wife/husband is normal.
101. I am especially awful/I am ordinary.
102. I should only associate with the worst people/I should associate with everyone I like.
103. I should only deal with the worst (groups, companies, organizations)/I should deal with every (group, company, organization) I like.

### 31. Humiliation and Degradation Matrix

1. I feel humiliated by the way \_\_\_\_\_ treats me/I don't care how \_\_\_\_\_ treats me.
2. I feel humiliated by what \_\_\_\_\_ says to me/I don't care what \_\_\_\_\_ says to me.
3. I feel humiliated by what \_\_\_\_\_ says about me/I can handle what \_\_\_\_\_ says about me.
4. I feel humiliated by \_\_\_\_\_/I can handle \_\_\_\_\_.
5. I feel humiliated by what \_\_\_\_\_ does to me/I won't let \_\_\_\_\_ do that.
6. I feel degraded by the way \_\_\_\_\_ treats me/How \_\_\_\_\_ treats me is unimportant to me.
7. I feel degraded by what \_\_\_\_\_ says to me/No one's words can degrade me.
8. I feel degraded by what \_\_\_\_\_ says about me/I can't be degraded by what anyone says about me.
9. I feel degraded by \_\_\_\_\_/I don't feel degraded by \_\_\_\_\_.
10. I feel degraded by what \_\_\_\_\_ does to me/I won't let \_\_\_\_\_ do that.
11. I feel humiliated by the way I treat myself/I understand why I treat myself the way I do.
12. I feel humiliated by what I say to myself/I understand why I talk to myself that way.
13. I feel humiliated by what I say about myself/I understand why I talk about myself that way.
14. I feel humiliated by how I am/I understand why I am that way.
15. I feel humiliated by what I do to myself/I don't have to do that any more.
16. I feel degraded by the way I treat myself/I don't have to do that any more.
17. I feel degraded by what I say to myself/I don't have to say that any more.
18. I feel degraded by what I say about myself/I no longer have to say that.
19. I feel degraded by my qualities/I can transform my qualities.

## 32. Idealization Matrix

In what follows, \_\_\_\_\_ indicates the person your client idealizes. If your client idealizes everyone, either negatively or positively, you might try using "they" or "people" or "others" first, and then relevant individuals.

### A. Positive Idealization

1. I. \_\_\_\_\_ is the only being/ \_\_\_\_\_ is one of billions of beings.
2. Only \_\_\_\_\_ has an internal life/All people have internal lives.
3. Only \_\_\_\_\_ has feelings/Every person has feelings.
4. Only \_\_\_\_\_ is valuable/Every person is equally valuable.
5. \_\_\_\_\_ is sensitive only to my feelings/ \_\_\_\_\_ is sensitive to everyone's feelings.
6. \_\_\_\_\_ is all-powerful/ \_\_\_\_\_'s power is limited.
7. \_\_\_\_\_ is all-knowing/ \_\_\_\_\_'s knowledge is limited.
8. \_\_\_\_\_ is all-seeing/ \_\_\_\_\_'s sight is limited.
9. \_\_\_\_\_ is all-important/ \_\_\_\_\_ is no more important than any other person.
10. \_\_\_\_\_ is the (smartest, prettiest, sexiest, most attractive, deepest, most perceptive, etc.)/ \_\_\_\_\_ is (smart, pretty, sexy, attractive, deep, perceptive, etc.).
11. \_\_\_\_\_ is superior to (almost) everyone else/ \_\_\_\_\_ is equal to everyone else.

### B. Negative Idealization

12. \_\_\_\_\_ is too low to exist/Like every other living person, \_\_\_\_\_ exists.
13. Only \_\_\_\_\_ has no internal life/All people have internal lives.



14. \_\_\_\_\_ has no feelings/Like everyone else, \_\_\_\_\_ has feelings.
15. \_\_\_\_\_ is totally unimportant (worthless)/Every person is equally important (valuable).
16. \_\_\_\_\_'s feelings aren't worth being sensitive about/ \_\_\_\_\_'s feelings deserve my sensitivity.
17. \_\_\_\_\_ is powerless/ \_\_\_\_\_'s power is real but limited.
18. \_\_\_\_\_ knows nothing/ \_\_\_\_\_'s knowledge is real but limited.
19. \_\_\_\_\_ sees nothing/ \_\_\_\_\_'s sight is real but limited.
20. \_\_\_\_\_ has no importance/ \_\_\_\_\_ is as important as every other person.
21. \_\_\_\_\_ is the (dumbest, ugliest, least sexy, least attractive, most superficial, least perceptive, etc.)/ \_\_\_\_\_ is (smart, pretty, sexy, attractive, deep, perceptive, etc.).
22. \_\_\_\_\_ is inferior to (almost) everyone else/ \_\_\_\_\_ is equal to everyone else.

### 33. Identity Matrix

1. I want to be a (name of family, culture, subgroup)/I want to become myself.
2. I will lose my identity/I will discover my true identity.
3. I am a (name of family, culture, subgroup) first/I am myself first.
4. I'm identical with my pain and grief and the memories/I'm much more than my pain and grief and memories.
5. I am many people/I am one person with many aspects.
6. I must be a strong (woman, man, child)/I can be many different kinds of (woman, man, child).
7. I don't know who I am/I can learn who I am.
8. I am a bad person/I am a person with good, neutral, and bad aspects.
9. I am a cruel person/I can learn kindness, compassion, and goodness.
10. I am a (wuss, wimp)/I can learn to assert myself.
11. I am a horrible person/Sometimes I do horrible things, but I have good, neutral, and bad qualities, all of which get expressed in my life.
12. I am a bitch/I can learn to empathize with myself and others.
13. I am the judge/I can learn compassion toward myself and others.
14. I am a witch/I can learn to love myself and others.
15. I can't discover my true self/I can discover my true self.
16. I am a (king, queen)/I can take in my equality with others.

### 34. Inadequacy Matrix

1. I am not enough/I am enough.
2. I am inadequate/I am adequate.
3. I don't have enough/I can have enough.
4. I can't do enough/I can do enough.
5. I can't do as much as I should/I can do enough.
6. I can't turn what has already happened around/I can turn what has happened around.
7. I get pulled off center and focus/I can learn to keep my center and focus.
8. I must compete/What others think doesn't matter.
9. I must be the best/I am good enough.
10. I must have the best/What I have is good enough.
11. I can't do it all/I can do as much as necessary.
12. People will judge and reject me/People will accept me.
13. I have to make it happen/It will happen if God wills.





### 35. Judgment Matrix

Harsh judgments are corrosive thoughts that find something or someone in the real world wanting; they offer criticism because something is less than perfect. Since perfection is the one thing the human being cannot achieve, harsh judgments are based on impossible standards, and inevitably result in defeat. Yet many of us, conditioned by having been judged as children, waste our lives trying to achieve the impossible. No wonder judgment is brought so frequently into therapists' offices!

Every aspect of a human being's life can be judged or criticized. People can be blamed for anything and everything. As a result, the Judgment Core Belief matrix is necessarily very incomplete. To fill in the blanks, the therapist must talk with the client about what he judges to supplement the matrix.

#### A. Judgmental Beliefs about Oneself

1. I am bad (evil)/I am bad, neutral, and good.
2. I must be perfect/It's okay for me to be imperfect.
3. I must be extraordinary/It's okay for me to be ordinary.
4. I must be godlike/It's okay for me to be human.
5. It's not okay for me to make mistakes/It's okay for me to make mistakes.
6. It not normal to make mistakes/It's normal to make mistakes.
7. It's not okay to be ordinary/It's okay to be ordinary.
8. I must be as perfect as God/It's okay to be human and imperfect.
9. If I make a mistake I will be rejected/I won't be rejected for making mistakes.
10. If I mess up I deserve to be punished/If I mess up I deserve to be comforted.
11. If I don't know everything, what I'm doing is worthless/Even if I don't know everything what I'm doing can be valuable.



12. If I don't do every little bit just right I will fail/Even if I don't do every little bit just right I can still succeed.
13. Everyone else knows more than I do about everything/All of us have areas of knowledge and ignorance.
14. I have the right to judge others/I have no right to judge others.
15. I have the right to punish others/I have no right to punish others.
16. I have the right to judge myself/Only God and the government have the right to judge me.
17. I have the right to punish myself/Only God and the government have the right to punish me.
18. It's appropriate for me to blame myself and others/It's not my place to blame myself and others.
19. It's appropriate for me to criticize myself and others/It's not my place to criticize myself and others.
20. I'm never enough/I am enough.
21. I don't know what I'm doing/I can know what I'm doing.
22. I don't know what I'm talking about/I can know what I'm talking about.
23. I can't get it right/I can get it right.
24. My judgment isn't good enough/My judgment is good enough.
25. My understanding of the issues isn't good enough/My understanding of the issues can be good enough.
26. I have to be right even if I don't know everything/It's okay for me to be wrong.
27. I must judge/It's okay for me to feel instead of judge.

## **B. Judgmental Beliefs about Others**

28. Others are bad (evil)/Others are bad, neutral, and good.
29. Others must be perfect/It's okay for others to be imperfect.



30. Others must be extraordinary/It's okay for others to be ordinary.
31. Others must be Godlike/It's okay for others to be human.
32. Others must be as perfect as God/It's okay for others to be human and imperfect.
33. If others make mistakes I reject them/I don't reject others for making mistakes.
34. If others mess up they deserve to be punished/If others mess up they deserve to be comforted.
35. If others don't know everything, what they are doing is worthless/If others don't know everything what they are doing can still be valuable.
36. If others don't do every little bit just right they will fail/If others don't do every little bit just right they can still succeed.
37. I know more than others do about everything/All of us have areas of knowledge and ignorance.
38. Others have the right to judge me/Others have no right to judge me.
39. Others have the right to punish me/Others have no right to punish me.
40. Others have the right to punish each other/Only God and the government have the right to punish us.
41. It's appropriate for others to blame or criticize me/It's not appropriate for others to blame or criticize me.
42. It's appropriate for others to blame and criticize each other/It's not appropriate for others to blame and criticize each other.
43. (Needy, annoying, stupid, etc.) people deserve to be treated badly/Everyone deserves compassionate treatment.
44. Men need to be perfect/Men need only be human.
45. Women need to be perfect/Women need only be human.
46. Children need to be perfect/Children need only be human.
47. Men must be extraordinary/It's okay for men to be ordinary.
48. Women must be extraordinary/It's okay for women to be ordinary.
49. Children must be extraordinary/It's okay for children to be ordinary.
50. My (man, woman, husband, wife, child) must be extraordinary/It's okay for my (man, woman, husband, wife, child) to be ordinary.



- 51. Men must be godlike/It's okay for men to be human.
- 52. Women must be godlike/It's okay for women to be human.
- 53. Children must be godlike/It's okay for children to be human.
- 54. My (man, woman, husband, wife, child) must be godlike/It's okay for my (man, woman, husband, wife, child) to be human.
- 55. Men must be as perfect as God/It's okay for men to be human and imperfect.
- 56. Women must be as perfect as God/It's okay for women to be human and imperfect.
- 57. Children must be as perfect as God/It's okay for children to be human and imperfect.
- 58. My (man, woman, husband, wife, child) must be as perfect as God/It's okay for my (man, woman, husband, wife, child) to be human and imperfect.



### 36. Love and Appreciation Matrix

1. I am unlovable/I am lovable.
2. I am unworthy of appreciation/I am worthy of appreciation.
3. I'll lose whatever I love/I can have the things I love.
4. Those I love don't love me in return/Some of those I love, love me in return.
5. If somebody loves me, they must be stupid/I am worth loving.
6. If somebody loves me, I punish them/I can be good to those who love me.
7. People love me only for what I do/People love me for who I am.
8. People appreciate me only for what I do/People appreciate me for who I am.
9. I cannot love others/I can love others.
10. My heart is closed/I can open my heart.
11. I will always be victimized by others' hatred/I can draw love from others.
12. I am destroyed by others' hatred/I am not destroyed by others' hatred.
13. I am not nurtured by others' love/I can be nurtured by others' love.
14. I cannot take in others' love/I can take in others' love.
15. I draw (hateful, evil) people to me/I draw loving, good people to me.
16. Others are evil/Others are combinations of good, neutral, and evil.
17. Others hate me/Others have many different feelings toward me.
18. If I love someone, they will hurt me badly/If I love someone, they will treat me well, neutrally, and badly.
19. If I love someone, they will reject me/If I love someone, they will not necessarily reject me.
20. If I love someone, they will dislike me/If I love someone, they will love some things in me, reject others, and feel neutral about others.
21. If I love someone, they will laugh at me/If I love someone, they will not necessarily laugh at me.

- 22. If someone loves me, they will hurt me badly/If someone loves me, they will treat me well, neutrally, and badly.
- 23. If someone loves me, they will reject me/If someone loves me, they will probably not reject me.
- 24. If someone loves me, they will laugh at me/If someone loves me, they will probably not laugh at me.

### 37. Meeting a Significant Other Matrix

1. Physical attraction is the primary way of connecting with a (man, woman)/ Love and emotional intimacy are the primary ways of connecting with a (man, woman).
2. I cannot allow myself to be emotionally open to a (man, woman)/I can allow myself to be emotionally open to a (man, woman).
3. I'm scared to be emotionally open to a (woman, man)/I can allow myself to be emotionally open to a (woman, man).
4. I want the (woman, man) to be attracted to me/I want what's supposed to happen to happen.
5. I have to be amusing and catch (his, her) attention/I just have to be myself.
6. I have to be interesting/I just have to be myself.
7. I have to have good posture/I just have to be myself.
8. I have to keep up conversation/I just have to be myself.
9. I have to ask about (him, her)/I just have to be myself.
10. I won't be able to think of anything to say/If I am myself, conversation will develop naturally.
11. I'm not interesting/The right (man, woman) will find me interesting.
12. (She, he) won't be attracted to me/(She, he) will be attracted to me if (she, he) is the right person for me now.
13. Attractive (women, men) are never attracted to me/All sorts of (women, men) are attracted to me whether I know it or not.
14. If (she, he) is attracted to me, (she, he) is untrustworthy/Just because someone likes me, it doesn't mean that they are untrustworthy.
15. It's only a matter of time until (he, she) will want someone (prettier, handsomer) and younger/If it's the right person, they will want me.
16. I'll always have to work hard to keep (him, her) interested in me/When we are at ease with each other, neither of us will have to work hard at interesting the other.



17. It matters less that I like (him, her) than that (he, she) likes me/It matters equally how each of us feels about the other.
18. (He, she) will never be good enough/Many (men, women) are good enough for me; it's just that I won't admit it.
19. (She, he) doesn't like me/I don't know whether (she, he) likes me.
20. I need (her, him) to be enchanted with me/I need to build an open honest relationship with (her, him).
21. I'm not good enough for (her, him)/I'm good enough for anyone I choose.
22. When we're together, I must fill all the silences/I don't need to let my insecurity determine how I behave.
23. No matter what I do, (she, he) won't like me/(Her, his) liking me has to do with our inner affinity and connection, not what I do.
24. Deep connections with (women, men) have never worked/I don't know what will happen in the future.



## **38. Mirroring Matrix**

### **A. Mirror beliefs regarding oneself**

1. I don't really exist/I really exist.
2. I am invisible/Someone sees me.
3. I am unheard/Someone hears me.
4. No one understands me/Someone understands me.
5. No one pays me any attention/Someone pays me attention.
6. No one appreciates me/Someone appreciates me.
7. No one values me/Someone values me.
8. No one loves me/Someone loves me.
9. No one likes me/Someone likes me.
10. Even when they seem to be listening, no one hears what I say/Someone hears what I say.
11. If another person doesn't agree with me, they can't (hear, see, understand, etc.) me/Even if another person doesn't agree with me, they can (hear, see, understand, etc.) me.
12. I need other people to agree with me or I remain unheard/I don't need other people to agree with me to be heard.
13. I must be the only one (seen, heard, understood)/Everyone deserves to be (seen, heard, understood).
14. I can't bear to be (seen, heard, understood)/I enjoy being (seen, heard, understood).

### **B. Mirror beliefs regarding others**

15. Other people don't really exist/Other people exist.
16. I don't see other people/I can see other people.



17. I don't hear other people/I can hear other people.
18. There's nothing to understand about other people/There's a lot to understand about other people.
19. I pay no one else attention/I can pay attention to other people.
20. I appreciate no one else/I can appreciate other people.
21. I value no one else/I can value other people.
22. I love no one else/I can love other people.
23. I like no one else/I can like other people.
24. Even when I seem to be listening, I don't listen to other people/I can listen to what others say.
25. If I don't agree with another person, I can't (hear, see, understand/etc. him/her/Even if I don't agree with someone else, I can (hear, see, understand, etc. ) him/her.
26. Others' opinions don't exist unless I agree with them/Others' opinions exist whether I agree with them or not.

### 39. Money Matrix

1. I handle money perfectly/I need to learn to handle money better.
2. I can spend as much money as I please/I can spend only what I can afford to spend.
3. I can spend everything I earn/I must save money for later.
4. I can run up my credit cards all I want/It's okay to spend only the money I actually have.
5. I'll always (have, earn, receive) enough money/I cannot know how much money I will (have, earn, receive).
6. I don't have to be concerned about money/Everyone has to be concerned about money.
7. I'm above needing to be concerned about money/We all need to be concerned about money.
8. What I don't think about will take care of itself/I must take care of all aspects of my own life.
9. I don't have to be responsible for my life/I am responsible for my life.
10. The money I need will always come to me/To have the money I need, I must earn, save, and invest it.
11. I can spend whatever I like on my credit cards/I can only spend what I can easily repay on my credit cards.
12. I'll never be able to make a good salary/I have the potential to make a good salary.
13. I'll never be successful with money/I can be successful with money.
14. If I spend any money I'll be destitute/I can spend the money my budget allows.
15. I can't make a budget/I can learn to make a budget.
16. I can't stay on a budget/I can learn to stay on a budget.

#### 40. Narcissistic Denial Matrix

1. Everything about me is perfect/Nothing about me is perfect.
2. I don't need to change anything about myself/I need to transform at least the narcissistic parts of me.
3. I'm bad if I behave badly/I am not my behavior.
4. I can't (change, transform, heal)/I can (change, transform, heal).
5. I can't survive the pain of looking at my (failings, weaknesses, pathology)/I can survive the pain of looking at my (failings, weaknesses, pathology).
6. I can't survive the shame of remembering my (failings, weaknesses, pathology)/I can survive the shame of remembering my (failings, weaknesses, pathology).
7. I can't stand my self-laceration when I look at my failings, weaknesses, pathology)/I don't have to lacerate myself if I look at my failings, weaknesses, pathology).
8. I don't have to think about things that upset others about me/It's important to think about things that upset others about me.
9. I don't have to take seriously things that upset others about me/I need to take things that upset others about me seriously.
10. I don't have to remember things that upset me/It's important to remember things that upset me, because then I can do something about them.
11. It's good to forget about my shortcomings/It's good to remember my shortcomings so I can transform them.
12. I can't be bothered with upsetting things about myself/It's important for me to deal with upsetting things about myself.
13. What other people know about me doesn't matter/The things other people know about me that can help me grow and heal are important for me to know and remember.
14. I can't survive information about my negative qualities and behavior/I can survive information about my negative qualities and behavior.
15. I will crumble if I take in and remember negative things about myself/I can deal with my negative qualities and behavior once I discover what they are.



## **41. Narcissistic Transferences Matrix**

Some of the Core Beliefs below overlap with Core Beliefs in the mirroring and idealizing matrices. Those are more general, while the ones below are targeted specifically at transference.

### **A. Mirror Transference**

1. I do not exist/I exist.
2. I am not real/I am real.
3. What I feel isn't real/What I feel is real.
4. What I remember isn't real/What I remember is real.
5. I am seen/I am unseen.
6. I am heard/I am unheard.
7. I am (Mother's) reflection/II am my own person.
8. (Mother) is my reflection/I am my own person.
9. I am not understood/I am understood.
10. What others think of me matters/What others think of me doesn't matter.
11. What I need doesn't count/What I need counts.
12. What I want doesn't count/What I want counts.
13. I am not appreciated for myself/I am appreciated for myself.
14. My therapist must see me totally/I cannot be seen totally by anyone.
15. My therapist must do nothing but see me/My therapist can relate to me in various ways.



## **B. Idealization Transference**

1. Others are perfect/Others are human.
2. I am perfect/I am human and therefore imperfect.
3. Others are the best/Others are ordinary.
4. Others are the worst/Others are ordinary.
5. I am the best/I am ordinary.
6. I am the worst/I am ordinary.
7. Only black and white exist/The whole spectrum exists.
8. There is nothing between best and worst/There is a whole spectrum between best and worst.
9. It's not okay if others are imperfect/It's okay if others are imperfect.
10. It's not okay if I am imperfect/It's okay if I am imperfect.
11. My therapist must be perfect/My therapist is human, like everyone else.
12. I must worship my perfect therapist/I can treat my therapist with the respect due every human being.
13. My therapist is the worst person in the world/My therapist has positive, neutral, and negative traits, like everyone else.

## 42. Need Matrix

1. I don't care what other people need/I care what other people need.
2. Only what I need is important/What everyone needs is important.
3. What others need is not important/What others need is important.
4. Everyone must satisfy my needs/As an adult, I can satisfy my own needs.
5. I can't satisfy my own needs/I can satisfy my own needs.
6. I don't care what I need/I care what I need.
7. I must satisfy everyone's needs/It is my responsibility only to satisfy my own needs and those of my minor children.
8. It's okay to neglect my own needs/It's important to take care of my own needs first.
9. My needs are unimportant/My needs are important.
10. Only others' needs are important/My needs are most important for me.
11. I need to please my parents/I need to please myself first.

### 43. Negativity Matrix

1. This therapy can never work well for me/This therapy can work well for me.
2. My wounds can never heal/My wounds can heal.
3. I can never become whole/I can become more and more whole.
4. What blocks me now will always block me/I can work through what is blocking me now.
5. I cannot change and grow/I can change and grow.
6. This therapist can never work well for me/This therapist can work well for me.
7. Things can't turn out well for me/Things can turn out well for me.
8. I can't succeed in my career/I can succeed in my career.
9. I can't have a good marriage/I can have a good marriage.
10. I can't find goodness in the world/I can find goodness in the world.
11. I can't find God or spiritual fulfillment/I can find God and spiritual fulfillment.
12. I can't leave my suffering behind/I can leave my suffering behind.
13. I can't be a good parent/I can be a good parent.
14. Life will never open up for me/Life will open up for me.
15. I can never be free/I can become free.
16. My future will be grim/My future will be one of continuing growth and freedom.
17. I will always be (made fun of, teased, abused, tortured, criticized, etc.)/I don't have to be (made fun of, teased, shamed, abused, tortured, criticized, etc.) any more.





#### 44. Parental Complexes Matrix

You and your clients will probably add to this list many other Core Beliefs about parents. However, if you persevere, you may be able to clear all the parental projections on other people by clearing the relevant parental core beliefs.

1. I'm what my (mother, father, parents) say I am/I am what I am, a person (he, she, they) hardly know.
2. I can repair my parents/I can't repair my parents, only myself.
3. I can't repair myself/I can repair and heal myself.
4. If I can make the other person happy and comfortable I can leave/I can leave any time I want to.
5. I destroy people when I leave them/I don't destroy anyone when I leave them.
6. I must please my parents and siblings/I must please myself first and foremost.
7. I must serve others/I'm my own person.
8. I must serve to be valuable/I am intrinsically valuable.
9. It's okay to neglect my own needs/It's important to take care of my own needs first.
10. My needs are unimportant/My needs are important.
11. Only others' needs are important/My needs are most important for me.
12. I need to please my parents/I need to please only myself.
13. I ruined my connection with my (parents, mother, father)/(They, she, he) ruined our connection.
14. I'm worthless and bad/Though I am valuable, my parents rejected me.
15. People threaten violence/(Mother, Father) threatened to hit me.
16. People are violent/My (mother/father) (hit, beat) me.
17. People are never there for me/My (parents, mother, father) have never been there for me.
18. Couples are always fighting/My parents always fought.
19. People appear to be nice in public, but are terrible in private/My parents were nice in public, but terrible in private.



20. People are phony/My parents were phony.
21. People are irresponsible/My parents were irresponsible.
22. People won't love me/My (parents, mother father) didn't love me.
23. I need to please (father, people, mother/I need to please myself first and foremost.
24. I am my (father, mother)/I am myself, distinct and separate from all other people, including (father, mother).
25. I'm supposed to be (this way) because (father, mother) is this way/I am myself, separate and different from (father, mother).
26. I can only be like my (father, mother)/I can learn to be myself fully.
27. I'm just like my (father, mother)/I am only like myself.
28. I'm safe as long as I'm pleasing (father, mother)/My safety is not connected to pleasing (father, mother) now.
29. If I don't please (father, mother) s/he'll abandon me/I don't need (father, mother) controlling me.
30. I must be loyal to (father, mother)/I must be loyal to myself.
31. I must only be receptive to (father, mother)/I must be most receptive to myself.
32. I must only be receptive to (father, mother)/I can be receptive in different ways and to different degrees to many people.
33. (Women, men, people) will devour me/My (father, mother) devoured me.
34. (Women, men, people) will hold me back/My (father, mother) held me back.
35. (Women, men, people) will smother me/My (father, mother) smothered me.
36. (Women, men, people) will invade me/My (father, mother) invaded me.
37. (Women, men, people) will abuse me/My (father, mother) abused me.
38. (Women, men, people) will mistreat me/My (father, mother) mistreated me.
39. (Women, men, people) will abandon me/My (father, mother) abandoned me.
40. (Women, men, people) will betray me/My (father, mother) betrayed me.
41. (Women, men, people) will crush me/My (father, mother) crushed me.
42. (Women, men, people) will distance themselves from me/My (father, mother) was distant from me.

43. (Women, men people) will devalue me/My (father, mother) devalued me.
44. (Women, men, people) aren't important/(Women, men, people) are important.
45. (Women, men) aren't regular/(Women, men) are regular.
46. (Women, men, people) will humiliate me/I won't allow (women, men, people) to humiliate me.
47. (Women, men, people) are my (father, mother)/Only my (father, mother) is my (father, mother).
48. All (women, men, people) can control me/Only I can control myself.
49. I am powerless with (women, men, people)/I have positive power over myself and others.
50. (Women, men, people) will eat me up if I get too close/I can protect myself from (women, men, people).
51. (Women, men, people) paralyze me/I can keep my distance from (women, men, people) and protect myself.
52. Only (women, men) are important/Everyone is equally important, even me.
53. If I do what (mother, father) wants, I'll keep (her, his) love/My own autonomy is worth more to me than (mother's, father's) love.
54. If I leave, I'll lose (mother's, father's) love/If I leave, I will still love myself.
55. (Men, women, people) will reject me/(Father, mother) rejected me.
56. (Men, women, people) will abandon me/(Father, mother) abandoned me.
57. (Men, women, people) will not love me/(Father, mother) didn't love me.
58. (Men, women, people) will pull away from me/(Father, mother) pulled away from me.
59. (Men, women, people) will be critical of me/(Father, mother) was critical of me.
60. (Men, women, people) will judge and blame me/(Father, mother) judged and blamed me.
61. (Men, women, people) will not spend much time with me/(Father, mother) didn't spend much time with me.
62. (Men, women, people) will abuse me sexually/(Father, mother) abused me sexually.
63. (Men, women, people) will beat me up/(Father, mother) beat me up.

64. (Men, women, people) will attack me/(Father, mother) attacked me.

65. (Men, women, people) will neglect me/(Father, mother) neglected me.



#### 45. Prejudice and Condensation Matrix

1. I do whatever I want/I abide by the ethics, morals, and laws of my (country, God, religion, spiritual discipline).
2. I am above everyone/I am everyone else's equal.
3. I look down at everyone else/I am equal to everyone else.
4. I am superior to (almost) everyone/I am equal to everyone.
5. I am better than (almost) everyone/I am equal to everyone.
6. It's okay for me to look down at everyone/It's not okay for me to look down at everyone.
7. (Most/all) people are little nothings/All people are my equals.
8. (Most/all) people are inferior to me/All people are equal to me.
9. I must look down on people to protect myself from them/Condensation is a poor protection because it provokes attack.
10. It's okay for me to treat people with a sneer/It's not okay for me to be arrogant to people.
11. It's okay for me to have contempt for people of other groups/Bigotry is an unacceptable form of thought and behavior.
12. It's okay for me to have contempt for people of other religions/All people are equals.
13. It's okay for me to have contempt for people of other races/Bigotry is an unacceptable form of thought and behavior.
14. It's okay for me to have contempt for people of other genders/All people are equal.
15. It's okay for me to have contempt for people of other social classes/Bigotry is an unacceptable form of thought and behavior.
16. It's okay for me to have contempt for people of other cultures/All people are equal.
17. It's okay for me to have contempt for old people/Bigotry is an unacceptable form of thought and behavior.
18. It's okay for me to have contempt for children/All people are equal.
19. It's okay for me to have contempt for people of homosexual orientation/All bigotry is dehumanizing.



20. It's okay for me to have contempt for people of other (countries, cultures)/ All people everywhere are my equals.



#### 46. Procrastination Matrix

1. Getting things done must always be a struggle/I can get things done easily.
2. I can't get work done in a simple, easy way/I can get work done in a simple, easy way.
3. Work is a burden/Work is a challenge and, sometimes, a pleasure.
4. Work is always hard/When I enjoy it, work can be stimulating and easy.
5. I don't want to begin my work because I know I'll fail/I can do my work well and succeed at it.
6. I don't want to begin my work because I know I'll succeed/It's okay for me to succeed.
7. Bad things will happen if I succeed/Good things will happen if I succeed.
8. Bad things will happen if I fail/If I fail, I'll pick myself up and go on until I succeed.
9. I can't handle success/I can handle success.
10. I can't handle failure/I can handle failure.
11. I would rather play than work/There's room in my life for both play and work.

## 47. Responsibility Matrix

### A. Under-Responsibility and Non-Completion

1. I am not responsible for myself/I am responsible for myself.
2. I am not responsible for my actions/I am responsible for my actions.
3. I don't take (full) responsibility for my own growth/I take (full) responsibility for my own growth.
4. I don't take (full) responsibility for my own consciousness/I take (full) responsibility for my own consciousness.
5. I don't take (full) responsibility for the care of my body/I take (full) responsibility for the care of my body.
6. I don't take (full) responsibility for the care of my psyche/I take (full) responsibility for the care of my psyche.
7. I don't take (full) responsibility for the care of my spirit/I take (full) responsibility for the care of my spirit.
8. I don't take (full) responsibility for how I treat people/I take (full) responsibility for how I treat people.
9. I don't take (full) responsibility for how I handle money/I take (full) responsibility for how I handle money.
10. I don't take (full) responsibility for advancing my career/I take (full) responsibility for advancing in career.
11. I don't take (full) responsibility for my work in and for school/I take (full) responsibility for my work in and for school.
12. I don't take (full) responsibility for how I treat my (spouse, children, significant other(s))/I take (full) responsibility for how I treat my (spouse, children, significant others(s)).
13. I don't take (full) responsibility for removing addictive substances and habits from my lifestyle/I take (full) responsibility for removing addictive substances and habits from my lifestyle.



14. I don't take (full) responsibility for finding and achieving my life's purpose/I take (full) responsibility for finding and achieving my life's purpose.
15. I don't take (full) responsibility for finding and achieving my goals in life/I take (full) responsibility for finding and achieving my goals in life.
16. I don't have to finish what I start/It's best to finish what I start.
17. I don't have to carry my projects through to their conclusions/It's appropriate to carry my projects through to their conclusions.
18. I don't have to see my relationships through to their conclusions/It's appropriate to see my relationships through to their conclusions.
19. I don't have to see my education through to its conclusion/It's helpful to see my education through to its conclusion.
20. I don't have to see my job(s) through to (its, their) conclusion(s)/It's helpful to see my job(s) through to (its, their) conclusion(s).

## **B. Over-Responsibility**

21. I have to work to justify my existence/I can let the beauty I love be what I do.
22. I have to work to justify my existence/My existence needs no justification.
23. I do lots of things I don't enjoy because I feel I should/I don't have to do what I don't enjoy just because I feel I should.
24. I must take care of my obligations and responsibilities before anything else/I can make room for beauty, play, and pleasure in my life.
25. I am responsible for everyone and everything/I am responsible only for myself.
26. I am responsible for everyone's actions/I am responsible only for my actions.
27. I am responsible for other adults' actions/I am not responsible for other adults' actions.
28. I take responsibility for others' growth/I take responsibility only for my own growth.
29. I take responsibility for others' consciousness/I take responsibility only for my own consciousness.

- 30. I take responsibility for the care of others' bodies/I take responsibility only for the care of my body.
- 31. I take responsibility for the care of others' psyche/I take responsibility only for the care of my psyche.
- 32. I take responsibility for the care of others' spirit/I take responsibility only for the care of my spirit.
- 33. I take full responsibility for how my relationships go/I take responsibility for how I treat people.



#### 48. Revenge Matrix

1. If someone hurts my feelings, it's okay for me to attack them/If someone hurts me, it's good for me to express my feelings about it.
2. If someone attacks me, it's okay for me to get revenge/If someone attacks me, it's not okay for me to try to hurt them back.
3. Hurting people is okay, especially if they've hurt me/Hurting people is not okay (it is God's prerogative).
4. Vindictiveness is okay/Vindictiveness is not okay (it is God's prerogative).
5. Being mean to people is okay/Being mean to people is not okay (it is God's prerogative).
6. I cannot protect myself without being cruel/I can learn to protect myself without being cruel.
7. I cannot protect myself without being mean/I can learn to protect myself without being mean.
8. It's okay for me to punish everyone else/Punishment is God's prerogative.
9. It's okay for me to take revenge when I see fit/It's not okay for me to take revenge.
10. It's okay for me to destroy others/I don't have the right to destroy others.
11. It's okay for me to hurt others/I don't have the right to hurt others.
12. It's okay for me to use others/I don't have the right to use others.
13. I have the right to get revenge/(Only God, No human) has the right to get revenge.
14. I'm entitled to revenge/(Only God, No human) is entitled to revenge.

#### 49. Rigidity Matrix

1. If I don't move I won't be obliterated/I can move and not be obliterated.
2. To survive in the face of this emptiness, I must hold on to the beliefs I have/I can grow and survive in the face of this emptiness.
3. I won't/I will.
4. I won't give in/I can be flexible.
5. My (way, opinion, interpretation, etc.) is (always) right/My (way, opinion, interpretation) are opinion rather than truth.
6. My rigidity is my only strength/I have many strengths to discover in myself.

## 50. Safety Matrix

Add other Core Beliefs directly tied to the client's fears to this list.

1. I am not safe/I am safe.
2. It's not safe to do this work/It's safe to do this work.
3. To be safe I must hide/I can be safe in the midst of people.
4. I don't know how to fight for myself/I can learn to fight for myself.
5. I can't fight for myself/I can fight for myself.
6. I can't protect myself/I can protect myself.
7. Someone will attack me/It's unlikely that someone will attack me.
8. I'm safer if I am awake/I can be safe while I sleep.
9. I'm safer if I'm asleep/I can be safe while I'm awake.
10. Looking into my unconscious is dangerous/I can handle what I discover in my unconscious.\*
11. The world is not safe for me/The world is safe enough for me to live in.
12. Anyone could turn on me/Most people won't turn on me.
13. Anyone could abuse me/Most people won't abuse me.
14. What happened to me could happen again any time/It is unlikely that what happened will happen to me again.
15. I can't eat healthy food/I can eat healthy food.
16. I'm not safe in my body/I'm safe in my body.
17. I can't become more comfortable in my own body/I can become more comfortable in my own body.
18. I must hide my gifts/I can fully show my gifts.

\*If a client is frightened of what is in his unconscious, it is important for the clinician to assess whether there might be a latent psychosis hiding there. If the clinician suspects the presence of a latent psychosis, it is best to suspend Matrix treatment until the latent psychosis is treated. This is because no trials of Matrix Therapy have been done with psychotics, and the effect of Matrix Therapy on psychotics is unknown.



## 51. Self-Image Matrix

This is a general list that is useful for most clients regardless of the nature of their pathology. The first 31 entries are adapted from Fred Gallo's EDx™ Basic Training Manual.

1. I am not achieving/I am achieving.
2. I am not appealing/I am appealing.
3. I am not attractive/I am attractive.
4. I am not able/I am able.
5. I am abandoned/I am precious.
6. I am not capable/I am capable.
7. I am not creative/I am creative.
8. I am undeserving/I am deserving.
9. I am unlucky/I am lucky.
10. I am (bad, evil)/I am good, bad, and neutral.
11. I am (unhealthy, sick, ill)/I am (healthy, working toward health).
12. I am guilty/I am innocent.
13. I am not bright, stupid/I am bright.
14. I am (boring, dull)/I am interesting.
15. I am not likable/I am likable.
16. I am unlovable/I am lovable.
17. I am not loving/I am loving.
18. I am unmotivated/I am motivated.
19. I am unproductive/I am productive.



20. I am not respectable/I am respectable.
21. I am unsafe/I am safe.
22. I am insecure/I am secure.
23. I am stupid/I am smart.
24. I am dumb/I am clever.
25. I am weak/I am strong.
26. I am a failure/I am successful.
27. I am not understanding/I am understanding.
28. I am not understood/I am understood.
29. I am worthless/I am valuable.
30. I am cold/I am warm.
31. I am not worthwhile/I am worthwhile.
32. I am unreal/I am real.
33. I want to die/I want to live.
34. I am unseen/I am seen.
35. I am not special/I am unique.
36. I'm not like regular people/I am a regular person.
37. I can't change because I am not a regular person/I can change because I am a regular person.
38. I'm identical with my pain and grief and the memories/I'm not identical with my pain and grief and the memories.
39. I'm an outsider/I'm an insider.
40. I'm not legitimate/I'm legitimate.
41. I'm weird/I'm regular.
42. I'm inferior/I'm equal.
43. I'm superior/I'm equal.
44. I am in chains/I am free.

- 45. I'm a mess/I'm growing.
- 46. I am irresponsible/I'm responsible.
- 47. I must always control myself/I can let go.
- 48. I can't connect/I can connect.
- 49. I can't follow through/I can follow through.
- 50. I'm incompetent/I'm competent.
- 51. I can only be competent/I can be more than competent.
- 52. I must analyze everything/I can just be.
- 53. I can't believe in myself/I can believe in myself.



## 52. Selfishness Matrix

Because selfishness is often ego-syntonic and unconscious, the therapist can best discover it by asking the client's significant others how s/he treats them. A family or couple session focused on unearthing the client's selfishness can be useful. The risk here is narcissistic injury, but if enough early narcissistic traumas and matrices have already been cleared, and the transference is positive, the client will be able to weather such a session well.

1. It's okay to be selfish/It's important to be (caring, compassionate).
2. Others' needs are unimportant/Others' needs are important.
3. Others' desires are unimportant/Others' desires are often important.
4. I forget others' needs/Though I put myself first, I seriously consider certain others' needs and feelings.
5. I put my concerns first with no consideration for others/I put my concerns first, but consider others' concerns as well.
6. I'm more important than others/We are all equally important.
7. I don't have to comfort those I've hurt/It's appropriate to comfort those I've hurt.
8. It's unnecessary to apologize to those I've hurt/It's my responsibility to apologize to those I've hurt.
9. It's unnecessary to own up to my hurtful behavior/It's my responsibility to own up to my hurtful behavior.
10. It's unimportant for me to be emotionally present with others/It's important for me to be emotionally present with others.
11. It's unnecessary for me to spend quality time with my family/It's my responsibility to spend quality time with my family.
12. Others aren't worth paying full attention to/Some others deserve my full attention.
13. It's enough for me to appear to pay full attention to others/The people I'm close to deserve my genuine and full attention.



14. It's unnecessary to put myself in the place of another/It's valuable to put myself in the place of another.
15. It's unnecessary for me to be truthful with others/It's valuable for me to be truthful with others.
16. Spending time with people is a waste of time/Spending quality time with people is valuable.
17. Getting close to people is awful, because they'll find out what a nothing I am/Getting close to people is valuable.
18. I can treat others as I wish/Others deserve for me to treat them well.
19. It's enough for me to go through the motions with others/Others deserve for me to be authentic and sincere with them.

### 53. Sexuality and Sexual Abuse Matrix

This is another matrix where human ingenuity often makes necessary the addition of other Core Beliefs. You will find that adding Core Beliefs about particular forms of sexuality or sexual abuse is very helpful to your clients.

1. My sexuality is dangerous/My sexuality is neutral.
2. I'm forced to be sexual/My sexuality is my own choice and under my control.
3. It's bad for me to experience pleasure/It's good for me to experience pleasure.
4. Sexuality is a chore/Sexuality is a delight.
5. Pleasure is bad for me to experience/Pleasure is okay for me to experience.
6. Being sexually receptive is being controlled by others/Being sexually receptive is something I can choose to enjoy.
7. Being sexually receptive is being a weak (man, woman)/Being sexually receptive is something I, as a strong person, can choose to be.
8. Being sexually receptive is bad/Being sexually receptive is neutral.
9. If I masturbate something bad will happen/If I masturbate nothing bad will happen.
10. Masturbation is bad/Masturbation is a normal sexual activity.
11. My body is my (mother's, father's, abuser's)/My body is my own.
12. I don't want to take care of my body if it is (mother's, father's, abuser's)/I want to take care of my body.
13. I can't have a boundary with (mother, father, abuser)/I can have a boundary with (mother, father, abuser).
14. The boundary is between me and my body/The boundary is between (mother, father, abuser) and me.
15. My body is my (mother's, father's, abuser's)/My body is and will always be mine and no one else's.



16. If I give my body to (mother, father, abuser) they'll leave me alone/They'll leave me alone if I insist on keeping my body.
17. I have to earn sex/I don't have to earn sex.
18. My sexuality is dangerous/I can use my sexuality for good or bad.
19. I have no right to do things just for the pleasure they give me/I have a human right to sensual and sexual pleasure.

## 54. Shame Matrix

For the most part, trauma work with shame, both as a key Traumatic Pattern and with particular shameful incidents should obviate the need for this Matrix with most clients. There are always some, however, who have come to believe in their own shamefulness, and need to clear this Matrix.

1. I am shameful/I am okay.
2. My behavior is shameful/My behavior is okay.
3. My work is shameful/My work is okay.
4. My appearance is shameful/My appearance is okay.
5. My sexuality is shameful/My sexuality is okay.
6. My level of education is shameful/My level of education is okay.
7. My income is shameful/My income is okay.
8. Where I grew up is shameful/Where I grew up is okay.
9. My opinions are shameful/My opinions are okay.
10. What others think of me is shameful/What others think of me is okay.
11. How poor I am is shameful/How poor I am is not shameful.
12. How little I have accomplished is shameful/My accomplishments are okay.
13. \_\_\_\_\_ is shameful/\_\_\_\_\_ is okay .

## 55. Social Withdrawal Matrix

1. People want to hurt me/Most people do not intend to hurt me.
2. People's hurting me means I'm bad/People's hurting me is not a reflection on me.
3. I must withdraw from people because they hurt me/I am strong enough to deal with life's normal hurts.
4. People are untrustworthy/While some people are untrustworthy, most people are trustworthy about some things, untrustworthy about others.
5. Others' untrustworthiness is a negative reflection on me/Other's untrustworthiness does not reflect negatively on me.
6. People aren't worth spending time with/People are worthwhile.
7. People are bad/Each person is good, bad, and neutral.
8. People betray me/Most people do not betray me, and I can handle betrayal from those who do.
9. People hurt me/Most people do not hurt me, and I can handle hurt from those who do.
10. People laugh at me/Most people do not laugh at me, and I can handle the pain and shame from those who do.

## 56. Somatization Matrix

1. I want to die/I want to live.
2. I want to be enfeebled/I want to be well.
3. I want to be sick/I want to be well.
4. I want to be sick/I want to get well.
5. I want to get worse and worse/I want to get well.
6. I must get sick to punish myself/I don't have to punish myself.
7. I must get sick to punish \_\_\_\_\_/I don't have to punish \_\_\_\_\_.
8. I must get sick to show \_\_\_\_\_ how badly \_\_\_\_\_ treated me/I don't have to get sick to tell \_\_\_\_\_ how badly \_\_\_\_\_ treated me.
9. I must get sick to make \_\_\_\_\_ feel guilty/I don't have to get sick to make \_\_\_\_\_ feel guilty.
10. I must get sick to get the attention I need/I don't have to get sick to get the attention I need.
11. I must get sick to get the love I need/I don't have to get sick to get the love I need.
12. I must get sick to get the things I can't ask for/I don't have to get sick to get the things I can't ask for.
13. I must stay sick to punish myself/I don't have to punish myself.
14. I must stay sick to punish \_\_\_\_\_/I don't have to punish \_\_\_\_\_.
15. I must stay sick to show \_\_\_\_\_ how badly \_\_\_\_\_ treated me/I don't have to stay sick to tell \_\_\_\_\_ how badly \_\_\_\_\_ treated me.
16. I must stay sick to make \_\_\_\_\_ feel guilty/I don't have to stay sick to make \_\_\_\_\_ feel guilty.
17. I must stay sick to get the attention I need/I don't have to stay sick to get the attention I need.
18. I must stay sick to get the love I need/I don't have to stay sick to get the love I need.

19. I must stay sick to get the things I can't ask for/I don't have to stay sick to get the things I can't ask for.
20. It's impossible for me to get well/It's possible for me to get well.
21. I'm helpless to aid my recovery/I can help with my recovery.
22. There's no point in getting well/I can have a life when I get well.
23. My illness is my fault/My illness is not my fault.





## 57. Specialness Matrix

Although none of us is really special, and although no one deserves special prerogatives, each of us is totally unique. This matrix is designed to lower grandiosity while affirming universal uniqueness.

1. I am special/I am unique.
2. Some people are special/No one is special, but everyone is unique.
3. I am only the equal of other special people/I am everyone's equal.
4. I am only the equal of other inferior people/I am everyone's equal.
5. I can only be understood by other special people/Most people can understand me.
6. I should only associate myself with important institutions/Any institution I associate myself with befits my ordinariness.
7. I should only go to special places/I can go everywhere.
8. I am too lowly to go to special places/I can go everywhere.
9. I belong only with other high-status people/I belong with all people.
10. I belong only with other lowly people/I belong with all people.
11. I belong only in high-status jobs/I belong everywhere.
12. I belong only in low-status jobs/I belong everywhere.
13. I am superior to (most, all) others/I am everyone's equal.
14. I am inferior to (most, all) others/I am everyone's equal.
15. I am like everyone else/I am unique.
16. I am the only unique one/We are all unique.

## 58. Spiritual Practice Matrix

This matrix is for use with any spiritual practice-- meditation, prayer, the performance of ritual, worship, etc. Simply substitute the relevant practice for meditation in the Core Beliefs below.

1. Meditation is not valuable enough for me to make time for it/Meditation is valuable enough for me to make time for it.
2. Nothing will happen in meditation/Everything I need will happen in meditation.
3. Things happen in meditation only for others/Things happen in meditation for everyone, including me.
4. My mind is too cluttered to meditate/My cluttered mind is perfect for meditation.
5. I'm never going to get anywhere with meditation/Meditation will take me far.
6. I can't meditate right/Everyone can meditate right, me included.
7. Meditation is a chore/Meditation can be a delight.
8. Meditation is painful/Meditation can be pleasurable.
9. Meditation will bring me nothing good/Meditation can bring me something good.
10. Meditation is a chore I'm being forced to do/I meditate of my own choice, voluntarily.
11. I cannot sit in silence/I can sit in silence.
12. I can be silent while I'm meditating/I cannot be silent while I'm meditating.
13. I'm not worth the trouble of meditation/I'm worth meditating for.
14. (Other things) are more important to do than meditating/Not much is more important to do than meditating.
15. I don't deserve to have a profound spiritual life/I deserve to have a profound spiritual life.
16. I can't make time for meditation/I can make time for meditation.
17. I don't deserve to spend time on my spiritual development/I deserve to spend time on my spiritual development.
18. I'm too angry at God to meditate/I can meditate though I'm angry at God.



## 59. Splitting Matrix

This matrix attempts to engender positive beliefs about healing the splitting in the psyche. It should not be used until the client has developed an ego strong enough to withstand the pressures of healing splitting. Furthermore, it is best to encourage the unconscious to end only one kind of splitting at a time. More than that may overwhelm the psyche and set the client back.

1. There is nothing inside me/I am filled with inner richness, but am disconnected from it.
2. It's not safe to have anything inside me/It's safe to have my richness inside me now.
3. I have no feelings/I am filled with a richness of feelings, even though I am disconnected from them.
4. It's not safe to feel my feelings/It's safe for me to feel my feelings now.
5. All I am is what I accomplish/My being is real; I have only to discover it.
6. The void inside me is empty/The void inside me is where my inner richness will grow.
7. It's not safe to be in my void/It's safe to be in my void.
8. I remember nothing/I have many memories, but I'm split from them.
9. It's not safe to remember/It's safe enough to remember now.
10. I am never quite here/It's okay to be present.
11. It's not safe to be present/It's safe to be present now.
12. The present is the past/The present is the present.
13. It's not safe to be in the present/It's safe to be in the present.
14. It was safe to be in the past/It was not safe to be in the past.
15. The present is the past/The present is not the past.
16. The present is just like the past/The present is different from the past.
17. I don't remember my childhood/I have many memories of my childhood, but I am split from them.
18. It's not safe to remember/It's safe to remember.



19. My childhood was too terrible to remember/Remembering my childhood will help to heal me of its terrors.
20. I cannot think/I am split from my thinking process.
21. It's not safe to think/It's safe to think now.
22. It's not safe to be present in my mind/It's safe to be present in my mind.
23. I have no opinions/I have opinions, but am split from them.
24. It's not safe to have opinions/It's safe to have opinions now.
25. I have no sexual desire/I have sexual desire, but am split from it.
26. It's not safe to have sexual desires/It's safe to have sexual desires now.
27. I have no body/I have a body (even though I am disconnected from it).
28. It's not safe to be connected to my body/It's safe to be connected now.
29. It's not safe to remember what my body remembers/It's safe to remember what my body remembers now.
30. It's not safe to be present in my body now/It's safe to be present in my body now.



## 60. Stuckness Matrix

The Core Beliefs in the Stuckness Matrix are beliefs about changing. Included are reversals. If this Matrix is done before Matrix Trauma Work begins, that work will most likely proceed without reversals.

1. I'm stuck and I can't change/I can change.
2. Nothing will ever help me/This therapy can help me.
3. No one can ever help me/This therapist can help me.
- 4) I'll be like this forever/I will change.
5. There's stuff in the way of my changing that won't let it happen/The stuff that's in the way of my changing can be moved aside.
6. I can only get worse/I can not only get better-- I can get well.
7. I don't want to get over my (problems, traumas, issues)/I want to get over my (problems, traumas, issues).
8. It's not safe to get over my (problems, traumas, issues)/It's safe to get over my (problems, traumas, issues).
9. I don't deserve to get over my problems/I deserve to get over my problems.
10. I don't give myself permission to get over my problems/I give myself permission to get over my problems.
11. It won't benefit me to get over my problems/It will benefit me to get over my problems.
12. It's impossible for me to get over my problems/It's possible for me to get over my problems.
13. I won't get over my problems/I will get over my problems.
14. I won't do what I have to do to get over my problems/I'll do what I have to do to get over my problems.
15. I'll lose my identity if I get over my problems/I won't lose my identity if I get over my problems.



16. I'll be deprived if I get over my problems/I won't be deprived if I get over my problems.
17. I'll be judged if I get over my problems/I won't be judged if I get over my problems.
18. I'll be ashamed if I get over my problems/I won't be ashamed if I get over my problems.
19. I'll be harmed if I get over my problems/I won't be harmed if I get over my problems.
20. I'll misuse it if I get over my problems/I won't misuse it if I get over my problems.
21. I'll be suicidal if I get over my problems/I won't be suicidal if I get over my problems.
22. I'll have nothing to live for if I get over my problems/I'll have a lot to live for if I get over my problems.

## 61. Superiority Matrix

1. I do whatever I want/I abide by ethics, morals, and laws.
2. I am above everyone/I am everyone else's equal.
3. I am superior to everyone else/I am everyone's equal.
4. I look down at everyone else/I am equal to everyone else.
5. I have the right to control everyone else/It's my right only to control myself and children in my charge.
6. I have the right to punish everyone else/I have no right to punish others.
7. I have the right to manipulate everyone else/I don't have the right to manipulate others.
8. I have the right to take revenge when I see fit/I don't have the right to take revenge.
9. I have the right to destroy others/I don't have the right to destroy others.
10. I have the right to hurt others/I don't have the right to hurt others.
11. I have the right to use others/I don't have the right to use others.

## 62. Symbiosis Matrix

### A. Underlying Issues

1. (Mother, father, other) and I are one/(Mother, father, other) and I are two different things.
2. (Mother, father, other) is my universe/I am my universe.
3. Without (Mother's, father's, other's) love I am nothing/I am valuable without (mother's, father's, other's) love.
4. My (wife, husband, lover) and I are one/My (wife, husband, lover) and I are two separate beings.
5. I can only exist in codependency/I can exist independently.
6. I am (mother's, father's) good little (boy, girl)/I am an independent adult.
7. I need (mother, father) to love me/I can survive whether (mother, father) loves me or not.
8. (Mother, father) loves me, always has and always will/(Mother's, father's) neediness is greater than (his, her) love for me.
9. To get goodness I must be one with (mother, father)/To get goodness I need only be myself.
10. I only do what (mother, father) approves of/I only do what I see fit to do.
11. I do for (mother, father, other) first/I do for myself first.
12. The universe is bad and black/The universe is good and bright.
13. The ultimate reality is evil/The ultimate reality is good.
14. I am abandoned/I am cherished.
15. Fear is the basic element of reality/Fear is just an emotion.
16. Anxiety is the basic element of reality/Anxiety is just an emotion.
17. Death is better than independence/Independence is better than death.
18. Being codependent is better than being independent/Being independent is better than being codependent.



19. Dependence is better than abandonment/I'd rather be abandoned than be dependent.

### **B. Symbiotic Needs**

20. I need others to fill my needs/I fill my own needs.

21. I do for others first/I do for myself first.

22. I take care of others first/I take care of myself first.

23. I can only get goodness from outside myself/I can get goodness from within myself.

24. When I'm on my own I can't take care of myself/When I'm on my own I can take good care of myself.

25. I can't make it without (symbiotic partner)/I can make it without (symbiotic partner).

26. I can't fight for myself/I can fight for myself.

27. I don't know how to fight for myself/I can learn to fight for myself.

28. If I need something, they won't give it to me/I'll take care of my own needs.

29. I'm incapable of supporting myself/I'm capable of supporting myself.

30. I can't support myself well/I can support myself well.

31. I have to be cute and helpless/I can be powerful and strong.

32. I am powerless with my family/I can be powerful with my family.

33. I can't feel for myself/I can feel for myself.

34. I can't think for myself/I can think for myself.

35. I can't organize my own life/I can organize my own life.

36. I can't decide for myself/I can decide for myself.

37. I can't choose my own clothes/I can choose my own clothes.

38. I can't pay my own bills/I can pay my own bills.

39. My parents' home is my safety and security/I am my safety/security.

40. I can't make it on my own/I can make it on my own.

- 41. I can't protect myself/I can protect myself.
- 42. I'll die unless I can hold onto my (father, mother)/I can be strong and independent.
- 43. I can never survive without holding on to someone/I am strong enough to survive independently.
- 44. I can't make real friends on my own/I can make real friends on my own.
- 45. I can't make it financially on my own/I can make it financially on my own.
  
- 46. No one is there for me in an emergency/I can find someone to be there for me in an emergency.
- 47. Someone else must take care of me/I can take care of myself.
- 48. Someone else must love me/I must love myself.
- 49. Someone else must carry my feelings for me/I can feel and express my own feelings.
  
- 50. What I do for myself can never be enough/What I do for myself can be enough.

### 63. Torture Matrix

1. I am (bad, evil)/I am a mixture of good, neutral, and bad.
2. People are (bad, evil)/People are mixtures of good, neutral, and bad.
3. (People in a particular ethnic group, organization, culture, religion, race, profession, social class, etc.) are (bad, evil)/(People in a particular ethnic group, organization, corporation, culture, religion, race, profession, social class, etc.) are good, neutral, and bad.
4. (People in a particular ethnic group, organization, culture, religion, race, profession, social class, etc.) will hurt me/(People in a particular ethnic group, organization, culture, religion, race, profession, social class, etc.,) won't hurt me.
5. The world is an evil place/The world is good, neutral, and evil.
6. I will hurt myself/I will take good care of myself.
7. I can't trust anyone ever again/I can trust most people again.
8. (People) will betray me/Most (people) won't betray me.
9. (People) will torture me/Most (people) won't torture me.
10. I can't trust myself to keep my own secrets/I can keep my own secrets.
11. I can't trust others to keep my secrets/Most others will keep my secrets.
12. I will never recover from the torture/I will get over the torture.
13. My body will never recover from being tortured/My body will recover from being tortured.
14. My family will never recover from being hurt/My family will recover from being hurt.
15. My life can't go on/My life can go on.
16. My life is ruined/My life can continue and improve.
17. My body is ruined/My body can heal.
18. I can't go on-- it's too painful/I can go on-- I can be healed of my pain.
19. I'm a prisoner in my own body/I can be freed and healed and live a good life.
20. I'm a prisoner of my feelings/My feelings can be healed, and I can be freed.

21. My (part of body that was tortured physically) can't be healed/My (part of body that was tortured physically) can be healed.
22. My soul can't be healed of the torture/My soul can be healed of the torture.
23. My spirit can't be healed of the torture/My spirit can be healed of the torture.



## 64. Unlimited Fantasies Matrix

1. I must have unlimited success/I don't need unlimited success in order for others to (love, like, value, accept, respect, see) me.
2. I must have unlimited success so that I will (love, like, value, accept, respect, see) myself/I don't need unlimited success in order to (love, like, value accept, respect) myself.
3. I must have unlimited power so others will (love, like, value, accept, respect, see) me/I don't need unlimited power so that others will (love, like, value, accept, respect, see) me.
4. I must have unlimited power so I will (love, like, value, accept, respect, see) myself/I don't need unlimited power so that I will (love, like, value, accept, respect, see) me.
5. I must be totally brilliant so other will (respect, like, accept, love, value, see) me/I don't need to be totally brilliant for others to (respect, like, accept, love, value, see) me.
6. I must be totally brilliant to (respect, like, accept, love, value, see) myself/I don't need to be totally brilliant to (respect, like, accept, love, value, see) myself.
7. I must be totally beautiful so others will (love, like, value, accept, respect, see) me/I don't need to be totally beautiful so that others will (love, like, value, accept, respect, see) me.
8. I must be totally beautiful so I will (love, like, value, accept, respect, see) myself/I don't need to be totally beautiful so that I will (love, like, value, accept, respect, see) myself.
9. I need to have a perfect love so others will (love, like, value, accept, respect, see) me/I don't need to have a perfect love so that others will (love, like, value, accept, respect, see) me.
10. I need to have a perfect love so I will (love, like, value, accept, respect, see) myself./I don't need to have a perfect love so I will (love, like, value, accept, respect, see) myself.
11. I must have the highest status in (the world, my field, my community, etc.) so others will (love, like, value, accept, respect, see) me./I don't need to have the highest status in (the world, my field, my community, etc.) so others will (love, like, value, accept, respect, see) me.

12. I need to have the highest status in (the world, my field, my community, etc.) so I will (love, like, value, accept, respect, see) myself/I don't need to have the highest status in (the world, my field, my community, etc.) so I will (love, like, value, accept, respect, see) myself.
13. I need to be totally famous so others will (love, like, value, accept, respect, see) me/I don't need to be totally famous so others will (love, like, value, accept, respect, see) me.
14. I need to be totally famous so I will (love, like, value, accept, respect, see) myself/I don't need to be totally famous so I will (love, like, value, accept, respect, see) myself.
15. I need to be very rich so others will (love, like, value, accept, respect, see) me/I don't need to be terribly rich for others to (love, like, value, accept, respect, see) me.
16. I need to be terribly rich so I will (love, like, value, accept, respect, see) myself/I don't need to be terribly rich to (love, like, value, accept, respect, see) myself.
17. I need unlimited respect so others will (love, like, value, accept, respect, see) me/I don't need unlimited respect so others will (love, like, value, accept, respect, see) me.
18. I need unlimited respect so I will (love, like, value, accept, respect, see) myself/I don't need unlimited respect so I will (love, like, value, accept, respect, see) myself.
19. I need people to be totally afraid of me so they will (love, like, value, accept, respect, see) me/I don't need people to fear me so they will (love, like, value, accept, respect, see) me.
20. I need people to be totally afraid of me so I will (love, like, value, accept, respect, see) myself/I don't need people's fear to (love, like, value, accept, respect, see) myself.
21. I need unlimited appreciation so others will (love, like, value, accept, respect, see) me/I don't need unlimited appreciation so others will (love, like, value, accept, respect, see) me.
22. I need unlimited appreciation so I will (love, like, value, accept, respect, see) myself/I don't need unlimited appreciation so I will (love, like, value, accept, respect, see) myself.
23. I need unlimited love so others will (love, like, value, accept, respect, see) me/I don't need unlimited love so others will (love, like, value, accept, respect, see) me.
24. I need unlimited love so I will (love, like, value, accept, respect, see) myself/I don't need unlimited love so I will (love, like, value, accept, respect, see) myself.
25. I need unlimited sex so others will (love, like, value, accept, respect, see) me/I don't need unlimited sex so others will (love, like, value, accept, respect, see) me.



26. I need unlimited sex so I will (love, like, value, accept, respect, see) myself/I don't need unlimited sex so I will (love, like, value, accept, respect, see) myself.
27. I need unlimited \_\_\_\_\_ so others will (love, like, value, accept, respect, see) me/I don't need unlimited \_\_\_\_\_ so others will (love, like, value, accept, respect, see) me.
28. I need unlimited \_\_\_\_\_ so I will (love, like, value, accept, respect, see) myself/I don't need unlimited \_\_\_\_\_ so I will (love, like, value, accept, respect, see) myself.



## 65. Victimage, Self Pity Matrix

1. I am a victim/I am a strong, free, independent person.
2. I am abandoned/I am cherished.
3. I am a failure/I am a success.
4. I always lose/I often win.
5. I can't do anything right/I can do many things right.
6. I can't help myself/I can help myself.
7. I'm not worth liking/I can be likable.
8. I'm not lovable/I can be lovable.
9. There's nothing I can do to help myself/There's a lot I can do to help myself.
10. I can't depend on anyone/There are people I can depend on.
11. I can't trust anyone/I can learn to trust others.
12. I can't trust anyone/There are people I can trust.
13. No one cares about me/Many of the people I care about care about me.
14. No one loves me/(God loves me, and) I can learn to love myself.
15. People don't love me/Some people love me.
16. People have no compassion for me/Some people have compassion for me.
17. People don't like me/Some people like me.
18. I am all alone/I can choose to be with others.
19. There is no one to support me/Some people are supportive of me.
20. No one can help me/I can be helped.
21. No one can help me/I can help myself.
22. No one can save me/I can save myself.
23. I deserve my own pity/Self-pity is a waste of time.
24. I might as well just eat worms/I can choose to do things to help myself.
25. Things can't get better/I can do a lot to make things better.





- 26. No one likes me/I can learn to be likable.
- 27. No one wants to be with me/I can learn to draw people to me.
- 28. I am hateful/I have all the human qualities.
- 29. I am hateful/I can develop positive human qualities in myself.
- 30. I might as well hurt myself/I can take care of myself.
- 31. I can't comfort myself/I can comfort myself.
- 32. I can't sit with my own feelings/I can sit with my own feelings.
- 33. I'd rather (binge, get drunk, do drugs, hurt myself) than sit with my own feelings/I can sit with my own feelings.
- 34. I can't express my feelings/I can express my feelings.
- 35. I don't want anything from anyone/I want love, liking, support, connection, and compassion from others.



## MUSCLE TESTING SKILL STEPS

*With thanks to Tony Roffers. Ph.D*

1. Explain muscle testing to the client.
2. Ask for permission to muscle test.
3. Ask if indicator muscle is injured or sore.
4. Stand or sit close to the side of the client (the closer you are, the less strain).
5. Client extends arm to front horizontal to floor with thumb facing down, elbow straight, at shoulder level.
6. Therapist places 2 or 3 fingers on the bone of the client's wrist.
7. The therapist's thumb does not touch the client's wrist (to close the loop can influence testing).
8. The therapist's arm is down below the client's arm.
9. Do not have eye contact.
10. Ask the client to look down at a 45 degree angle (puts the client in a kinesthetic mode and the client is less likely to look for approval).
11. Maintain, and ask your client to maintain, a neutral mind as to outcome of the muscle testing.
12. Cue client before pushing down on wrist (e.g. "hold").
13. Wait half a second after saying "hold" before pushing down.
14. Push down with 2 or 3 fingers in a slow accelerating manner (don't 'floor it' or jerk).
15. The therapist uses her body to push down (with elbow down and close to body).
16. Determine a strong (locked) response versus a weak (unlocked) response.
17. Stop pushing immediately after discerning the locked or unlocked response.
18. Ask client if they felt the locked or unlocked response.



19. Address and resolve any questions or doubts the client has.



# **THE ADVANCED INTEGRATIVE THERAPY SEMINARS**

## **SEMINARS MOST RELEVANT TO THE ENERGETIC TREATMENT OF ILLNESS**

### **Where we begin: AIT BASICS**

This 3-day seminar is a prerequisite for all other AIT seminars, and provides successful, innovative, energetic methods for treating non-psychotic psychological dysfunctions quickly, gently, lastingly, and easily. Positing trauma as the cause of most psychological dysfunction, AIT offers elegant tools that can completely and lastingly transform it and the dysfunction it causes. AIT Basics provides everything you need to know to begin using AIT in your practice immediately.

### **Next: MASTERING AIT PRACTICE (MAP) (TO BE REISSUED AS A WORKBOOK)**

Required for certification, and recommended (but not required) as the second seminar you take in learning AIT, MAP will guide your basic AIT skills toward new levels of clarity, confidence, and proficiency. Detailed teaching, case discussions, exercises, and demonstrations will show you how to move easily from your first session with a client, to analyzing his situation, to developing a successful treatment plan for him.

### **Track 1: The AIT Body Seminars**

#### **AIT Multicausal Illness Treatment**

In the AIT Treatment of Psychogenic Illness Seminar you will learn how to discover and treat the psychological causes of physical conditions. This seminar teaches us methodologies for dissipating the unusually profound resistances that many psychosomatically ill people have toward healing. It provides three landmark protocols for treating the psychological aspects of physical symptoms, and applies them to the treatment of infection and autoimmune conditions. The seminar includes many practice segments so that its participants can treat each other.



## **AIT Cancer Prevention and Treatment**

In a day and age when one of every three women get cancer, and one of every two men, AIT presents the newest, most cutting-edge of the AIT seminars: Psychogenic Cancer Work: Energetic, Psychospiritual Treatment for Cancer. This seminar approaches adjunctive cancer treatment from the position that trauma-- physical, psychological, and/or spiritual-- is cancer's ultimate cause. By treating the traumas that have caused a cancer as well as how they have done so, AIT can create improvements in longevity and, even, remission. This 4day seminar includes the explanation, demonstration, and participant practice of the many cancer protocols it offers. A must for every therapist who has even one client with cancer.

You will benefit from taking the psychological and spiritual seminars below as well, but they are not required.

## **Track 2: The AIT Psychological Seminars**

### **AIT Presence and Dissociation**

The protocols of the AIT Presence and Dissociation Seminar focus, theoretically and methodologically, on repairing the ways that dissociation, repression, and disapproval caused by early trauma, often in one's family of origin, diminish and even destroy our clients' ability to live in the present. These protocols help clients painlessly return to presence. The seminar includes AIT treatment for boundary issues, family issues, and emotional and physical dissociation.

### **AIT Basics Seminar – Manual Appendix - 2019 AIT Depths Treatment**

The AIT Depths Treatment Seminar teaches us to enter the profound and usually unconscious territory composed of intro-jects, objects, personal archetypes and, in some cases, alters. These parts are capable of unfortunate activity until we become conscious of them and learn how to treat them. In this seminar we learn about these parts of the psyche, and how to energetically treat and transform negatively constellated parts into positive, dynamic aspects of our clients' psyches.



## **Attachment: Theory and Treatment**

Attachment theory presupposes that our relationship to others, to our world, and to ourselves is molded by our earliest primary relationships. Given its psychodynamic focus on the treatment of early childhood wounding, AIT has always implicitly specialized in attachment work. In this seminar we focus on the earliest events and patterns of relationship and how they become a template for later social behavior, belief systems, emotional response, relationship, dysfunction, and even neurobiology. Included are protocols for treating general attachment trauma, pre- and peri-natal trauma, early bonding and attachment trauma, pathological symbiosis, and a new treatment process: 5-Step Attachment Transformation.

## **Anxiety Treatment: OCD & GAD**

This seminar focuses on energetic and multi-modal treatment of OCD and generalized anxiety disorder with specialized protocols to transform the energetic, psychodynamic, transpersonal, cognitive, and behavioral levels of both these disorders.

## **PTSD Treatment**

The AIT PTSD Treatment Seminar focuses on treating the complexities of post-traumatic stress. It provides a groundbreaking set of protocols that provide multi-dimensional treatment of PTSD, including psychodynamic, transpersonal, neuro-biological, cognitive, and behavioral components. They provide deep healing of body, mind, and spirit.

## **AIT Character Structure Treatment for Personality Disorders and More**

Character structures are the foundations of the ego. When they are normal, they enhance a person's ability to live his life successfully. When they are damaged, they produce a range of pathologies from stuckness and rigidity to fully developed personality disorders.

The AIT Character Structure Treatment Seminar provides a methodology for the energetic treatment of those suffering from deep personality damage, as well as clients with one or more pathological character structures who are far less wounded. AIT's approach is integrated with the most valuable aspects of previous approaches to personality treatment—object relations, ego psychology, archetypal, cognitive, and cognitive-behavioral methods. You will learn to dismantle pathological character structures, and to transform and regularize pathological thought and behavior through AIT's groundbreaking behavioral and cognitive treatment.



## **Peace through Consciousness: The AIT Trigger Seminar**

This seminar provides methodology for identifying, exploring, and treating 10 different kinds of triggers, among them projection, projective identification, psychological typology, and expectation. Working with triggers in AIT can be a simple way to organize a short-term therapy, pinpoint hot issues, themes, archetypes, and patterns for treatment, or enter into deeper work. Most important, it can make your client conscious of his stuck, unconscious behavioral patterns and, then, energetically transform them.

## **Treating Historical Trauma with AIT**

There are so many people who suffer because of genocide, war, rape, epidemic, revolution, and cataclysm both historically and in the present. AIT offers the Treating Historical Trauma Seminar to contribute to their healing. In it, we learn to treat post-traumatic reactions to such calamities, even when they arise from inherited trauma from our cultural history, our ancestors, or from our past lives. This seminar presents the AIT approach to treating historical trauma that, regardless of its origins or how long ago it occurred, still impacts us intensely today.

## **Introduction to AIT DreamWork**

In this seminar, AIT therapists who already work with dreams in their clinical work or would like to learn to do so, learn to integrate dream work with AIT trauma treatment. Dreams offer clinicians and clients access to unconscious material encoded in its own mysterious language of symbol and metaphor. This seminar introduces AIT practitioners to a method of dream analysis derived largely from the work of C. G. Jung and Fritz Perls, and adds a heretofore missing link: the movement from the analyzed dream to the discovery and treatment of the traumatic contents embedded within it.



## **Track 3: The AIT Spiritual Seminars and Retreats**

### **AIT Intuition Training: A One-Day Workshop**

The AIT Intuition Seminar provides a lively, totally non-judgmental space for the exploration and practice of the five types of intuition. We learn about and practice each type for the purpose of discovering and developing the types of intuition that are strongest in us. The seminar is a satisfying day of deep play.

### **Treating our Wounded Spirituality**

This seminar provides part of a methodology as well as the opportunity to achieve the gentle removal of spiritual injuries and blocks and the accomplishment of Divine reconnection. It includes protocols on familial, social, religious, traumatic, and personal hindrances to Divine connection and spiritual/religious practice. It teaches us how to treat negative projections onto the Divine and, through the use of AIT spiritual technology and other methods drawn from the world's major religions and spiritual traditions, provides ecumenical meditations and other spiritual practices designed to further open and expand the spirit.

### **AIT Ecumenical Spiritual Retreats**

The AIT Ecumenical Retreats are open to all AIT practitioners and clients. First we work on treating the trauma that blocks us from having spiritual experiences and development. Then, through the direct experience of spiritual music, dance, art work, ritual, contemplation, and meditation practices from a variety of religious and spiritual traditions as well as those that arise spontaneously, each retreat functions to bring participants into closer and closer touch with the Divine.



## CHART OF ENERGY CENTERS

Crown	Crown of the head	Divine Masculine, father issues, connection to the Infinite
Forehead	Center of forehead, just above eyebrows	intuition, thought, insight, perception (sight & hearing), wisdom, clarity, eyes, ears, brain, pituitary
Chin	In crease of chin	embarrassment, shame, humiliation
Throat	Soft hollow at base of throat	communication of knowledge, wisdom, emotional expression, focuses connection & relationship, neck, throat, larynx, thyroid
Heart	Center of Chest above nipples	love, tenderness, compassion, sadness, fear, grief, spiritual expansion, heart, lungs, hands, arms, shoulders
Left Heart	Left of Heart Center	feminine, receptive heart aspects
Right HEArt	Right of Heart Center	masculine, assertive heart aspects
Solar Plexus	At join of the 2 sides of ribs	power, control, manipulation, fiery emotions, life-affirming emotions, stomach, liver, spleen, pancreas, kidneys
Navel	Bottom rim of navel	focus of bodily energy, conduit between the body and the psyche & spirit
Pelvis	Just above the pubic bone	sexuality, passion, creativity, sexual organs
Left Crease	Crease between left thigh and abdomen	feminine, receptive aspects of the root center
Right Crease	Crease between right thigh & abdomen	masculine, assertive aspects of the root center
Root	Between anus and sexual organx	Divine Mother, survivor, mother, abandonment, infantile and toddler issues, basic needs such as nurture, intestines, feet, legs & adjacent areas